




### Product Spotlight: White Sweet Potato

These sweet potatoes have a deep purple skin and soft white flesh on the inside. It's milder than the orange sweet potato in flavour and slightly crumbly in texture.



## 1 Nut Crusted Fish

Golden cubes of white sweet potato, sautéed greens and baked fish fillets with a lemon and almond nut crust, all served with a creamy tartare sauce for dipping.

 35 minutes

 4 servings

 Fish

24 August 2020

## Mix it up!

*If you don't feel like making the crumb you can coat the fish with lemon zest and pan cook instead. Chop the nuts and toss through the vegetables.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 21g **CARBOHYDRATES** 68g

## FROM YOUR BOX

|                    |                |
|--------------------|----------------|
| WHITE SWEET POTATO | 800g           |
| LEMON              | 1              |
| ALMONDS            | 1 packet (80g) |
| WHITE FISH FILLETS | 2 packets      |
| SPRING ONIONS      | 1/4 bunch *    |
| TARTARE SAUCE      | 1 tub (100g)   |
| BROCCOLI           | 1              |
| BRUSSELS SPROUTS   | 200g           |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried thyme

## KEY UTENSILS

2 oven trays, small food processor, frypan

## NOTES

If you don't have a processor you can finely chop the nuts instead.

If you have thinner pieces of fish you can stack a couple on top of each other to make thicker fillets. Or place the crumb on top of each and check after 7 minutes in the oven.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Coat the chicken with lemon zest, salt and pepper. Cook in a frypan with oil for 4-5 minutes each side. Chop the nuts and toss through the vegetables.



### 1. ROAST SWEET POTATO

Set oven to 220°C.

Cut sweet potato into large cubes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and cooked through.



### 2. MAKE THE CRUMB

Zest the lemon and add to a processor with almonds, **1 tsp thyme, 1/2 tbsp oil, salt and pepper**. Process into a crumb (see notes).



### 3. COOK THE FISH

Coat fish with **oil, salt and pepper**. Place on a second oven tray and press crumb on top. Roast for 10-15 minutes or until cooked through (see notes).



### 4. MAKE THE DRESSING

Slice the spring onions. Combine with tartare sauce, 1/2 lemon juice (wedge remaining), **salt and pepper**.



### 5. COOK THE VEGGIES

Cut broccoli into florets and halve brussels sprouts. Add to a frypan over medium-high heat with **1 tbsp oil or butter and 1/3 cup water**. Cover and cook for 5-8 minutes until softened. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide roast sweet potato, greens and fish among plates. Serve with tartare sauce and lemon wedges.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

