



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

To prepare, cut to remove mango cheeks on each side of the stone. Score inside of cheek, using the tip of the knife, to make a criss-cross pattern. Push through the skin with your fingers and the flesh will come out like a hedgehog.



1 Caribbean Fish with Mango Salsa

Crispy white fish fillets flavoured with allspice, served with a mango salsa, roasted sweet potato and a lemongrass dressing.

 30 minutes

 4 servings

 Fish

14 January 2022

Spice it up!

If you have some, add a crushed garlic clove and thinly sliced chilli to the dressing.

Per serve: **PROTEIN** 24g **TOTAL FAT** 12g **CARBOHYDRATES** 46g

FROM YOUR BOX

SWEET POTATOES	800g
LEMONGRASS	1 stalk
CHERRY TOMATOES	1 bag (400g)
AVOCADO	1
MANGO	1
MINT	1 bunch
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour, ground allspice, apple cider vinegar

KEY UTENSILS

frypan, oven tray

NOTES

To use whole lemongrass stalk, slice off the very bottom of the stalk and peel off any dried-out layers then bash the woody top end with a rolling pin or something hard to soften and help release some of the aromatic oils.

No fish - white fish fillets are replaced with chicken breast fillets. Cook chicken before step 2. Heat a frypan over medium-high heat with oil, season chicken as per instructions and cook for 8-10 minutes each side or until cooked through.



1. ROAST SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into rounds. Toss on a lined oven tray along with **oil, salt and pepper**. Roast for 20-25 minutes until tender.



2. MAKE THE DRESSING

Finely chop lemongrass (see notes). Mix in a bowl with **1 1/2 tbsp olive oil, 1 1/2 tbsp vinegar, 1 tbsp water, salt and pepper**.



3. MAKE THE SALSA

Halve cherry tomatoes. Dice avocado and mango. Thinly slice mint leaves. Add to a bowl along with 1/2 the dressing. Toss to combine.



4. PREPARE THE FISH

Combine **1 tbsp cornflour, 1 tsp allspice, salt and pepper**. Roll fish in flour mixture to coat.



5. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide salsa and roasted sweet potato evenly among plates. Serve with fish fillets and remaining dressing.

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**

