



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



## 1 Mustard Seed Fish with Labbaneh Kale

Fresh fish fillets cooked with fragrant black mustard seeds, served alongside a creamy yoghurt cheese kale salad with apple and celery.



30 minutes



4 servings



Fish

8 February 2021

## Spice it up!

*If you prefer to not use mustard seeds on the fish you could use cumin seeds or dukkah!*

Per serve: **PROTEIN** 28g **TOTAL FAT** 9g **CARBOHYDRATES** 53g

## FROM YOUR BOX

SWEET POTATOES	800g
KALE	1/2 bunch *
LEMON	1/2 *
RED APPLE	1
CELERY STICKS	2
CONTINENTAL CUCUMBER	1/2 *
LABBANEH	1/2 tub *
WHITE FISH FILLETS	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, black mustard seeds, ground coriander, red wine vinegar

## KEY UTENSILS

frypan, oven tray

## NOTES

Rinse and pat dry the fish fillets before cooking. If you don't have black mustard seeds you can flavour it with any ground spice of choice, cumin seeds or dukkah.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into chips. Toss on a lined oven tray with **1 tsp ground coriander, oil, salt and pepper**. Roast in the oven for 20-25 minutes until golden and cooked through.



### 2. MASSAGE THE KALE

Rinse and thinly slice kale leaves. Add to a large salad bowl. Whisk together **1 tbsp vinegar, 1 tbsp olive oil, salt and pepper**. Pour over kale and use hands to scrunch the leaves until soft and tender.



### 3. PREPARE THE SALAD

Dice apple and slice celery. Deseed and slice cucumber. Add to kale along with spoonfuls of labbaneh and toss to combine.



### 4. COOK THE FISH

Coat fish with **1/2 tsp mustard seeds, oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Divide sweet potatoes, kale salad and fish among plates. Serve with 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**

