



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Almonds

Almonds are a wonderful source of vitamin E which is important for a strong immune system and skin health.



1 Herb and Garlic Fish with Chopped Salad

Flavour filled Herb and Garlic crumbs from Coastal Crunch make this fish extra tasty! Served with lightly spiced roasted potatoes and a dressed chopped salad.

 30 minutes

 2 servings

 Fish

26 November 2021

Mix it up!

Instead of roasting the potatoes, boil them and toss with the dressing. Keep all the salad components separate for easy picking.

FROM YOUR BOX

BABY POTATOES	400g
LEMON	1
AIOLI	1 tub (50g)
ALMONDS	1 packet (40g)
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
CELERY STICK	1
HERB AND GARLIC CRUMB	1 packet (40g)
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder

KEY UTENSILS

frypan, oven tray

NOTES

Curry powders can vary in their heat, use yours to your taste.

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.

Herb and Garlic Crumb ingredients: WA lupins, garlic, mixed dried herbs (oregano, rosemary, thyme), sea salt, tapioca starch, mustard powder, pepper.

Aioli ingredients: canola oil (non gm), free range eggs, honey, mustard, garlic, white vinegar, lemon juice, salt.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve potatoes and toss with **1/2-1 tsp curry powder** (see notes), **oil, salt and pepper**. Roast for 20-25 minutes until golden and cooked through.



2. MAKE THE DRESSING

Zest lemon to yield 1/2 tsp and juice half (wedge remaining). Mix together with aioli, **2 tsp water** and **1/4 tsp curry powder**. Season to taste with **salt and pepper**.



3. TOAST THE ALMONDS

Roughly chop almonds. Toast in a dry frypan over medium-high heat for 3-4 minutes. Keep pan.



4. MAKE THE SALAD

Chop lettuce and cucumber. Halve cherry tomatoes and slice celery stick. Toss together in a bowl along with almonds and half the dressing.



5. COOK THE FISH

Reheat frypan over medium-high heat with **oil**. Coat fish with **oil**. Press into herb & garlic crumb and place into frypan. Cook for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Serve crispy fish with a lemon wedge, salad and potatoes. Serve remaining dressing on the side.

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

