



### Product Spotlight: Chickpeas

Chickpeas are packed with plant-based protein and fibre. They are incredibly versatile – toss them in salads, blend into dips, or roast for a crunchy snack



## Persian Fish

### with Mint Salad

A fragrant and vibrant dish featuring Persian-spiced white fish, golden roast sweet potatoes, and a fresh minted chickpea salad tossed with lemon and cucumber.



30minutes



2 servings



Fish

## Switch it up!

*You can add feta or olives to the salad for extra flavour. Stretch out the salad with quinoa, brown rice or millet if you have some.*

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-----------|---------|-----------|---------------|
|           | 43g     | 6g        | 80g           |

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| SWEET POTATOES     | 400g     |
| LEMON              | 1        |
| SHALLOT            | 1        |
| LEBANESE CUCUMBER  | 1        |
| TOMATO             | 1        |
| MINT               | 1 bunch  |
| TINNED CHICKPEAS   | 400g     |
| WHITE FISH FILLETS | 1 packet |
| PERSIAN SPICE MIX  | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, honey

## KEY UTENSILS

large frypan, oven tray

## NOTES

You can use dried mint or sumac if you have some.

If you prefer crispy chickpeas, you can add them to the tray with the sweet potato in the oven.

*Persian spice mix: ground turmeric, cinnamon, nutmeg, cardamom, cumin, coriander, chilli powder, garlic granules.*



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### 1. ROAST THE SWEET POTATO

Preheat oven to 220°C. Cut **sweet potato** into angular pieces. Toss on a lined tray with **oil, salt, and pepper**. Roast for 25–30 minutes, or until golden and tender.



### 4. COOK THE FISH

Coat **fish fillets** with **1/2 packet Persian spice mix, oil, salt and pepper**. Heat a frypan over medium-high and cook **fish** for 2–3 minutes each side, or until cooked through.



### 2. PREPARE THE DRESSING

In a large bowl, whisk together **1/2 lemon juice** (wedge remaining) with **1/2 tsp honey, 2 tbsp olive oil** and **2 tsp dried oregano** (see notes)



### 3. TOSS THE SALAD

Dice **shallot, cucumber, and tomatoes**. Roughly chop **mint** leaves. Drain and rinse **chickpeas** (see notes). Toss everything in a bowl with prepared **dressing**.



### 5. FINISH AND SERVE

Divide **roasted sweet potatoes, mint chickpea salad, and Persian fish** between plates. Serve with **lemon wedges**.

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