




Product Spotlight: Coastal Crunch


This lupin crumb is made in Perth by Coastal Crunch, flavoured with fragrant herbs the whole family will love. It has a 5-Star Health Rating and is gluten-free (endorsed by Coeliac Australia)!



Chilli Crumbed Fish Cakes with Crispy Potatoes & Sprout Salad

Fish cakes coated in mild chilli lupin crumb served with pan-crisped baby potatoes and a fresh alfalfa sprout salad.

 30 minutes

 2 servings

 Fish

17 March 2023

Saucy!

Serve these fish cakes with your favourite sauce, aioli, mayonnaise, relish, or chutney!

Per serve: **PROTEIN** 34g **TOTAL FAT** 27g **CARBOHYDRATES** 61g

FROM YOUR BOX

BABY POTATOES	400g
WHITE FISH FILLETS	1 packet
CHILLI LUPIN CRUMB	1 packet (20g)
ALFALFA SPROUTS	1 punnet
TOMATO	1
LEBANESE CUCUMBER	1
AVOCADO	1
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme

KEY UTENSILS

frypan, large saucepan, food processor (see notes)

NOTES

If you don't have a food processor, you can mince the fish by chopping the fillets with a knife. Alternatively, leave the fillets whole and coat with lupin crumb.

Boil the kettle and cover potatoes with hot water to speed up this process.



1. BOIL THE POTATOES

Place potatoes in a saucepan and cover with water (see notes). Bring to a boil and simmer for 10–15 minutes, or until fork tender. Drain and return to saucepan.



2. MAKE & CRUMB FISH CAKES

Roughly chop fish. Add to a food processor with **2 tsp oil, salt and pepper**. Blend to a mince consistency. Sprinkle lupin crumb on a plate. Use **oiled** hands and a 1/4 cup measure to form into 4 cakes. Press into lupin crumb.



3. COOK THE FISH CAKES

Heat a large frypan over medium–high heat with **oil**. Add fish cakes to pan and cook for 3–4 minutes each side until golden and cooked through.



4. CRISP THE POTATOES

Add **1 tbsp oil** and **1/2 tbsp thyme** to saucepan with potatoes. Keep over heat for 10 minutes or until potatoes begin crisp.



5. MAKE THE SPROUT SALAD

Pull alfalfa sprouts apart and add to a large bowl. Wedge tomato, crescent cucumber and dice avocado. Add to bowl as you go along with **1 tbsp olive oil**, juice from 1/2 lemon (wedge remaining), **salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Divide fish cakes and crispy potatoes among plates. Serve with sprout salad 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

