



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lupin Crumb


This lupin crumb is made in Perth by Coastal Crunch. Flavoured with fragrant herbs & garlic that the whole family will love. It has a 5-Star health rating and is gluten-free (endorsed by Coeliac Australia)!



R4 Herb Crumbed Fish with Jalapeño Aioli

Fish fillets coated in flavourful herb and garlic lupin crumbs, served with corn cobbettes, fresh and crunchy green salad and herbed jalapeño aioli.

 25 minutes

 4 servings

 Fish

2 December 2022

Spice it down!

There are ways to make the jalapeño aioli milder. Try removing the seeds from the jalapeño, only add 1/2 or omit it. The jalapeño can be frozen and saved for another dish.

Per serve: **PROTEIN** 33g **TOTAL FAT** 23g **CARBOHYDRATES** 19g

FROM YOUR BOX

JALAPEÑO	1
CHIVES	1 bunch
AIOLI	100g
CORN COBS	2
LUPIN CRUMB	1 packet (80g)
WHITE FISH FILLETS	2 packets
GEM LETTUCE	3-pack
CELERY STICK	2
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender.

NOTES

Remove seeds from jalapeño for a milder dish. If you don't want to get the stick mixer out, finely chop jalapeño and chives and mix in a bowl with aioli and water.

Rub the corn in butter or oil, and season with salt and pepper if desired.



1. MAKE THE JALAPEÑO AIOLI

Roughly chop jalapeño (see notes) and 1/2 bunch chives (reserve remaining for step 4). Use a stick mixer or small blender and blend with aioli and **1 tbsp water** until smooth.



2. BOIL THE CORN

Quarter corn cobs and place in a saucepan. Cover with water and bring to a boil. Drain and set aside (see notes).



3. CRUMB THE FISH

Spread lupin crumbs on a plate. Coat fish fillets in **oil, salt and pepper**. Press fish into crumbs.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Add fish and cook, in batches if necessary, for 2-4 minutes each side until cooked through.



5. MAKE THE SALAD

Wedge or slice lettuce and arrange on a plate. Thinly slice celery and reserved chives. Dice avocado. Arrange on top of lettuce. Drizzle over **olive oil** and **1/2 tbsp vinegar**.



6. FINISH AND SERVE

Take all elements to table and serve.

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

