



### Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after cooking. You don't need to limit them to savoury dishes; because they are naturally sweet, you can use them in muffins, brownies or cakes!



## Lemon Fish with Sweet Potato Mash

White fish fillets served with sautéed vegetables on mashed sweet potato with a savoury lemon sauce.



30 minutes



4 servings



Fish

26 May 2023

## Switch it up!

*Instead of mashing your sweet potato, cut it into wedges and roast it in the oven at 220°C for 20–25 minutes or until golden and crispy.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 19g **CARBOHYDRATES** 43g

## FROM YOUR BOX

SWEET POTATOES	800g
GREEN BEANS	250g
RADISHES	1 bunch
CHERRY TOMATOES	200g
LEMON	1
WHITE FISH FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, butter, olive oil, salt, pepper, 1 garlic clove, soy sauce (or tamari)

## KEY UTENSILS

2 frypans, saucepan

## NOTES

If you like an extra creamy mash add milk and butter to taste.



### 1. COOK THE SWEET POTATO

Roughly chop sweet potato. Add to a saucepan and cover with water. Bring to a boil and cook for 10-12 minutes until softened. Drain and roughly mash with **1 tbsp olive oil**. Season with **salt and pepper** (see notes).



### 4. COOK THE FISH FILLETS

Coat fish fillets with **oil, salt and pepper**. Increase heat to medium-high. Cook fish fillets for 3-4 minutes each side or until cooked through.



### 2. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Trim and halve green beans. Wedge radishes and halve cherry tomatoes. Add to pan. Cook for 5-6 minutes or until tender. Zest lemon to yield 1 tbsp, stir through. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide mash, vegetables and fish among plates. Spoon over sauce.



### 3. MAKE THE LEMON SAUCE

Meanwhile, heat a second frypan over medium heat. Add **1 tbsp butter, 1 tbsp olive oil, 2 tbsp water, 1 tbsp soy sauce** and juice from 1/2 lemon. Crush in **1 garlic clove**. Cook, whisking, for 1 minute. Remove to a bowl and keep pan over heat.



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