

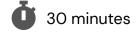




# **Lemon Fish**

# with Sweet Potato Mash

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





4 servings



Fish

# 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 TOTAL FAT CARBOHYDRATES

26g 19g

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).



#### 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**.



#### 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.



### 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.



## **5. FINISH AND SERVE**

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







