



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cornflakes


These cornflakes are naturally gluten-free. It's easiest to crush the flakes in the packet they come in, or you can use a small processor!



## S2 Crumbed Fish Fingers with Wedges and Relish

Cornflake crumbed fish cooked until golden, served with herby roast potato wedges, fresh salad and relish for dipping.

 30 minutes

 2 servings

 Fish

2 September 2022

## Switch it up!

*You can season the fish with a different spice or herb of choice! Dried oregano, lemon pepper, cayenne pepper or ground cumin work well! Stir some mayonnaise through the relish for a creamier dipping sauce.*

## FROM YOUR BOX

MEDIUM POTATOES	3
MIXED SALAD	1 bag (400g)
WHITE FISH FILLETS	1 packet
CORNFLAKES	1 packet (40g)
RELISH	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, dried thyme, smoked paprika

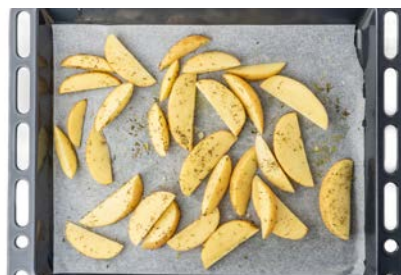
## KEY UTENSILS

large frypan, saucepan

## NOTES

The oven is set at 250°C for an extra golden finish on the potatoes. If your oven doesn't reach that high you can set it at 220°C and leave the wedges in for longer until they crisp.

You can use a small food processor to form a finer crumb if preferred.



### 1. ROAST THE WEDGES

Set oven to 250°C (see notes).

Cut potatoes into wedges. Toss on a lined oven tray with **1/2 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 2–3 minutes each side or until cooked through.



### 2. PREPARE THE SALAD

Toss salad in a large salad bowl with **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**. Set aside.



### 5. FINISH AND SERVE

Serve fish fingers with wedges, chopped salad and relish.



### 3. PREPARE THE FISH

Cut fish into fingers. Coat with **1/2 tsp smoked paprika, oil, salt and pepper**. Gently crush cornflakes in the bag to form a crumb (see notes). Press fish into crumb until coated on all sides.

**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**

