



### Product Spotlight: Corn cob


Corn falls into two food categories!  
 Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!



## Thyme Fish Fillets with Succotash and Feta Cream

Fish fillets cooked with thyme served alongside a veggie succotash featuring corn, zucchini and tomato. All served with roast sweet potato rounds and a creamy feta cheese sauce.

 25 minutes

 4 servings

 Fish

20 January 2023

## Switch it up!

*You can roast all of the vegetables and make a tray bake instead! Add some fresh rosemary or ground spices of choice. Crumble the feta cheese over the top at the end.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	20g	58g

## FROM YOUR BOX

SWEET POTATOES	800g
FETA CHEESE	1 packet
CORN COBS	2
ZUCCHINI	1
WHITE FISH FILLETS	2 packets
CHERRY TOMATOES	2 packets (2 x 200g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, ground cumin, vinegar of choice

## KEY UTENSILS

large frypan, oven tray, stick mixer or blender

## NOTES

You can make wedges instead if preferred! Switch the ground cumin to another spice of choice or use some dried herbs.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice sweet potatoes into rounds (see notes). Toss on a lined oven tray with **1 tbsp cumin, oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



### 2. MAKE THE FETA CREAM

Crumble feta cheese. Blend together with **1 tsp dried thyme** and **1/3 cup water** using a stick mixer or blender. Season with **pepper** to taste.



### 3. COOK THE VEGETABLES

Heat a frypan over medium–high heat with **oil**. Remove corn kernels from cobs and dice zucchini. Add to pan and cook for 6–8 minutes until golden. Remove to a bowl and keep pan over heat.



### 4. COOK THE FISH

Coat fish fillets with **2 tsp dried thyme, oil, salt and pepper**. Cook in pan for 4–5 minutes each side or until cooked through.



### 5. TOSS THE VEGETABLES

Quarter or halve the tomatoes. Toss together with cooked corn and zucchini. Stir through **2 tsp vinegar** and season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide fish, sweet potatoes and succotash vegetables among plates. Serve with feta cream.

**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](mailto:hello@dinnertwist.com.au)

