



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SESAME SEEDS

These tiny delicious seeds are packed with essential fatty-acids, protein, phytonutrients and many essential vitamins and minerals.

1. SPICED SEED CRUSTED FISH

WITH SPRING ONION SAUCE

 30 Minutes

 2 Servings

White fish fillets with a spiced sesame seed coating, alongside colourful roast veggies and served with a creamy spring onion dressing.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
37g	17g	32g

11 May 2020

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOT	1
SMALL EGGPLANT	1
ZUCCHINI	1/2 *
SPRING ONION	1*
NATURAL YOGHURT	1 tub (200g)
SESAME SEEDS	1/2 packet (15g) *
WHITE FISH FILLETS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground cumin, ground coriander

KEY UTENSILS

oven tray, stick mixer or blender (optional), frypan

NOTES

Toss beetroot separately to avoid staining.

If you are not using a stick mixer, thinly slice spring onion tops and stir through yoghurt instead. Add 1/2 a garlic clove for extra flavour.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C. Trim carrots and wedge beetroot. Dice eggplant and zucchini. Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper** (see notes). Roast in oven for 20-25 minutes until cooked through.



2. MAKE THE SPRING ONION SAUCE

Roughly slice spring onion. Blend together with yoghurt until smooth (see notes). Season with **salt and pepper**.



3. PREPARE THE FISH

Combine sesame seeds, **1 tsp ground coriander, salt and pepper** on a plate. Coat fish fillets in **oil** and roll in spiced seeds to coat.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide fish and vegetables among plates. Serve with spring onion sauce.