






More Than Food
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within
2 days



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Fishy Thyme Goujons with Sweet Potato Wedges and Minty Peas

This is a bit of a twist on the classic fish and chips you get at the beach, but the healthy version! There is nothing more comforting than eating some crispy battered fish and slightly soggy chips sitting on a bench at the seaside – this dinner will take you back to sunny days by the sea.

 35 mins

 healthy



Sweet Potato



Mint



Thyme



Tilapia Fillet



Panko Breadcrumbs




Peas



Crème Fraîche

Ingredients

	2P	4P
Sweet Potato, chopped	1	2
Mint, chopped	3 tbsp	5 tbsp
Thyme, chopped	3 sprigs	6 sprigs
Tilapia Fillet 1	2	4
Panko Breadcrumbs 2	4 tbsp	8 tbsp
Peas	1 cup	2 cups
Crème Fraîche 3	½ pot	1 pot

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1)** Fish | **2)** Gluten
- 3)** Milk

Nutrition per serving: Calories: 423 kcal | Protein: 28 g | Carbs: 39 g | Fat: 18 g | Saturated Fat: 14 g



1 Pre-heat your oven to 200 degrees. Chop your sweet potato in half, (no need to peel!), then into wedges the width of your index finger. Put them on a baking tray, sprinkle over ¼ tsp of salt, 2 tbsp of oil and put on the top shelf of the oven to cook for 30 mins.

them halfway through the cooking time with a spatula, but don't worry if this is a bit tricky.



2 Finely chop your mint and set aside. Run your fingers down your thyme stalks to remove the leaves and finely chop these as well.

5 Bring a pot of water to the boil with ¼ tsp of salt. Give your kitchen a quick tidy and when the goujons and wedges are 5 mins from being ready, add your peas to the boiling water. Cook for 1½ mins, drain and put in a bowl. Leave the peas to cool slightly for a couple of mins, then add the crème fraîche, mint, a pinch of salt and a grind of pepper. Use a fork or a masher to mash the pea mixture slightly to make your 'mushy peas'!



3 Cut your tilapia fillets into four evenly sized quarters, then prepare your breadcrumbs. Combine the chopped thyme and breadcrumbs in a bowl, season with ¼ tsp of salt and a good grind of pepper and set aside. In a separate shallow-ish bowl, pour in about 3 tbsp of olive oil.

6 Get your fishy goujons and wedges out of the oven and serve them with a dollop of mushy peas on the side... Enjoy!



4 Put your fish pieces in the oil bowl and rub a little olive oil on both sides of each fish fillet (if you run out of oil just add a bit more to the bowl). Dip them in the breadcrumb mixture, making sure each piece has a good covering of breadcrumbs. Put your goujons on a baking tray and pop on the top shelf of the oven to cook for 20 mins. If you can, carefully turn

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!