






More Than Food
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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

 family box

 healthy



Sweet Potato (2)



Mint (5 tbsp)



Thyme (8 sprigs)



Tilapia Fillet (4)



Panko Breadcrumbs
(8 tbsp)




Peas (2 cups)



Crème Fraîche
(1 large pot)

Ingredients

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

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

LH Step for little hands

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 220 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 $\frac{1}{2}$ tsp of salt, 2 tbsp of oil and put on the top shelf of the oven to cook for 30 mins.

Tip: Give the tray a good shake halfway through cooking.



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.



3 Cut each of your tilapia fillets into four evenly sized quarters, then prepare your breadcrumbs. Combine the chopped thyme and breadcrumbs in a bowl, season with $\frac{1}{2}$ tsp of salt and a good grind of pepper and set aside. In a separate shallow-ish bowl, add in half your crème fraîche.



4 LH: Rub each of your fish pieces with a tsp of crème fraîche then roll 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 them halfway

through the cooking time with a spatula, but don't worry about doing this if it's a bit tricky.

5 Bring a pot of water to the boil with $\frac{1}{2}$ 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 3 mins, drain and put in a bowl. Leave the peas to cool slightly for a minute before adding the rest of your 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'!

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

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