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Fish Schnitzel

with Smoked Paprika Fries and Slaw



20-30min



2 Portions

This vibrant take on fish 'n' chips replaces soggy battered seafood and plain fries with golden fish schnitzel and caramelised wedges of sweet potato dusted in smoky paprika. Pair with an irresistible, tangy slaw studded with crunchy seeds and nuts for a star-studded family meal.

What we send

- red cabbage
- sweet potato
- white fish fillet ⁴
- nut blend ^{11,15}
- breadcrumbs ¹
- smoked paprika
- polenta
- carrot
- red onion

What you'll require

- eggs ³
- mustard ¹⁷
- olive oil
- plain flour ¹
- sea salt and pepper
- vinegar

Utensils

- baking paper
- medium frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

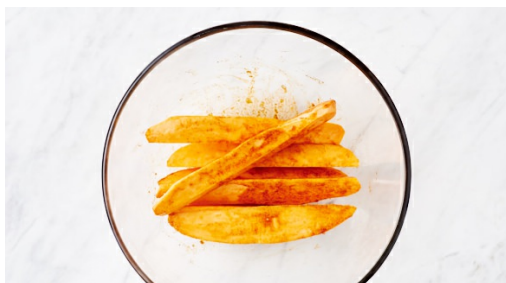
Occasionally fish has a slight odour from being in the packaging. The fish cooking time may vary according to thickness of the fillet.

Allergens

Gluten (1), Egg (3), Fish (4), Sesame (11), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 995kcal, Fat 48.1g, Carbs 94.3g, Proteins 39.2g



1. Make paprika fries

Preheat oven to 200C. Line an oven tray with baking paper. Peel and cut the **sweet potato** into thin wedges. Combine **1 tsp smoked paprika** (reserve remainder for another use), **2 tsp olive oil** and **a pinch of salt** in a bowl. Add the sweet potato and toss to coat. Transfer to the lined tray and roast for 20-25 mins until golden and tender.



4. Prepare fish

Cut the **fish** into 2 portions. Beat **1 egg** in a bowl. Put **2 tbs flour** in a separate bowl. Combine the **breadcrumbs** and **40g (1/4 cup) polenta** (reserve remainder for another use) on a plate. Dust the fish with the flour, shake off excess, then dip in the egg and coat completely in the breadcrumb mixture. Set aside.



2. Prepare slaw

Meanwhile, peel and coarsely grate the **carrot**. Very thinly slice the **cabbage**. Very thinly slice **one-quarter of the onion** (reserve remainder for another use). Combine the carrot, cabbage and onion in a bowl.



5. Cook fish

Put the **seed and nut mix** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Heat **1 1/2 tbs olive oil** in the frypan over medium-high heat. Cook the **fish** for 3-4 mins each side until golden and cooked through (see cooking tip).



3. Make dressing

Put **1 tbs olive oil**, **1 tbs white vinegar** and **1 tsp Dijon mustard** in a small bowl, season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Add the **toasted seed and nut mix** and **dressing** to the **slaw** and toss to combine. Divide the slaw and **fish schnitzel** among plates and serve with the **paprika fries**.