Posted on 7 June 2015

by DinnerTime

White Fish with Spicy Sweet Potatoes



Ingredients

Cook Time:
30 minutes
1 kg Sweet Potatoes (mix of local and Australian variety), peeled and chopped
2 Red Onions, sliced
2 cloves Garlic, peeled and crushed
2 red Chillis, sliced finely
6 Kale Leaves, sliced finely
4 tbsps. Coconut Oil
2 tsps. Ground Turmeric
3 tsps. Ground Cumin
1 tbsp. Mustard Seeds
250 g Cherry Tomatoes
Sea Salt, to taste
800 g White Fish Fillets, cut into 8 pieces
1/2 tsp. extra Turmeric
1/2 tsp. extra Cumin
1 bunch Fresh Coriander Leaves
1/2-1 can Coconut Cream, to serve

Preparation

1. 1. Preheat grill to high heat.
2. 2. Bring a pot of water on to steam/boil potatoes.
3. 3. Peel and chop sweet potatoes roughly into 2cm chunks and steam/boil for approximately 15 minutes.
4. 4. Meanwhile slice onion, peel and crush garlic, slice chilli and kale finely.
5. 5. When potatoes are softening up and almost cooked, heat 1-2 tbsps. coconut oil in a very large heavy based saucepan on medium heat.
6. 6. Sautee onion for a minute, then add garlic, chilli and spices and stir again
7. 7. Finally add potatoes, tomatoes, the remaining oil and toss to coat.
8. 8. Cook for a further 10 minutes or so while you cook the fish, stirring occasionally and adding salt to taste.
9. 9. Add on the kale at the last minutes.
10. 10. Meanwhile cut fish into 8 pieces and place on a lined baking tray.

11. Sprinkle with extra turmeric and cumin and grill for approximately 8-10 minutes until it looks white all the way through.

12. Serve fish on a bed of spicy potatoes sprinkled with fresh coriander, and drizzled with some coconut cream to cool it off.

Cooks Note

- You can use dyed smoked haddock or undyed for this dish; I prefer undyed when I can get it, for a more natural colour, but either tastes just as good.

- You could replace the vegetable stock with fish stock if you wish, although I prefer to use a milder vegetable stock so that I can taste the full flavour of the haddock.

- I used a lower fat milk and crème fraiche without compromising on the creamy taste, but feel free to go for the full fat versions if you want the chowder to be even more luxurious!

If after all that you would still like to include quinoa, good quality yoghurt from grass-fed cows, soaked legumes or even some rice to your diet then just be sure to keep these stocked up at home.

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