

Fish with Pineapple Basil Salsa & Crunchy Wedges

Prep Time: 15 minutes, Cook Time: 35-40 minutes,

Serves 4

Ingredients

Paprika Wedges

600g potatoes, peeled
drizzle of neutral oil (e.g. rice bran, canola, sunflower)
½ tsp paprika
few grinds of salt and pepper

Pineapple Basil Salsa

2 medium tomatoes, diced
1 red capsicum, deseeded and diced
handful of fresh basil, finely sliced
¼ cup (10g) finely chopped spring onion (green leaves only)
440g can pineapple chunks in syrup*, drained, rinsed and diced
3 tsp lemon juice
½ tsp white sugar
few grinds of salt and pepper to taste

Cumin-spiced Fish

4 tbsp gluten-free all-purpose flour*
½ tsp ground cumin
450g mild white-fleshed fish fillets (I used gurnard)
2 tbsp dairy-free spread or butter, for cooking
4 cups shredded lettuce (e.g. butter, iceberg, red coral), to serve



Method

1. Preheat oven to 200°C (390°F) bake function. Line a baking tray with baking paper.
2. Cut the potatoes into wedges, pat dry with a paper towel and place on the prepared tray. Drizzle with oil, sprinkle with paprika and season with salt and pepper. Cook in the oven until golden (30–40 minutes). Turn once during cooking.
3. Make the salsa by placing all the ingredients in a bowl. Mix well and set aside.
4. To prepare the fish, place the flour, cumin and a few grinds of salt and pepper in a large bowl. Mix well. Coat each side of the fish fillets with the flour mixture.
5. Just as the wedges finish cooking, place a large frying pan over medium heat. Heat the dairy-free spread or butter in the pan, then fry each side of the fish for 2–3 minutes, until cooked through.
6. Serve the fish with the salsa, lettuce and homemade wedges.