



Coley Goujons with Sweet Potato Wedges & Pickled Cucumber Salad

Crispy panko-crumbed coley fillet served with golden sweet potato wedges, a refreshing pickled baby cucumber and little gem salad, and a light coconut-infused finish for a perfectly balanced, flavourful dish.

Nutritional Info

Calories: 489 kcal
Carbohydrates: 82 g
Protein: 30 g
Fat: 3 g

Ingredients

- Coley Fillet
- Sweet Potato
- Cucumber
- Little Gem Lettuce
- Coconut Milk
- Panko breadcrumbs
- Red Wine Vinegar
- Your Pantry**
- Rapeseed/Olive Oil
- Salt
- Pepper
- White Sugar

Allergens

Fish (Coley)
Wheat (Breadcrumbs)
Sulphites (Red Wine Vinegar)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C

2) Make the sweet potato wedges

Cut the sweet potatoes into thin wedges then transfer to a baking sheet with a drizzle of oil, some salt, and pepper. Use your hands to mix it all together and then bake in the oven for around 30 minutes turning half way through.

3) Get the fish ready

Give the can of coconut milk a good shake and empty into a bowl. Season with a little salt and pepper. Cut the fish into finger size strips. Then add the fish strips into the coconut milk, stirring until coated. Cover and set aside to marinate.

4) Prepare the rest of the vegetables

Finely slice the cucumber. Add the vinegar to a bowl with a pinch of white sugar and mix until dissolved. Add the cucumber, mix well, and set aside. Tear the leaves off the little gem and wash.

5) Set up a goujon making station

Mix the panko breadcrumbs on a separate plate with a little salt and pepper. Put it beside the bowl of fish and have an empty plate at the ready for the finished goujons.

Carefully remove the strips of fish and coat them in the breadcrumb mix then transfer to the empty plate. Repeat until all the fish is coated in panko breadcrumbs.

6) Fry the goujons

Heat a couple of tablespoons of rapeseed or olive oil in a frying pan on a high heat. Once the pan is nice and hot, lay the goujons into the pan. Fry for about 7 minutes on medium heat, turning half way through. At this point they should be golden brown and cooked through. Transfer the goujons to a plate lined with kitchen paper and pat dry.

7) Serve the dish

Lay the little gem lettuce leaves to the side of the plate, before spooning over the pickled cucumbers. Plate the sweet potato wedges and goujons alongside. Enjoy with your favourite condiments.



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