



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CHIVES

Chives are not just packed with flavour, but also with nutrients! Add them to your dishes for a boost of vitamins K, C, and folic acid, along with minerals like manganese, magnesium and iron.

1. ITALIAN BAKED FISH

WITH GARLIC POTATOES

 30 Minutes

 2 Servings

Get ready for a fish recipe to remember! Golden garlic potatoes served with white, locally-sourced fish, baked with a wholesome veggie mix.

FROM YOUR BOX

BABY POTATOES	400g
GARLIC CLOVE	1
RED ONION	1/2 *
TOMATOES	2
RED CAPSICUM	1/2 *
ENGLISH SPINACH	1/2 bunch *
GREEN OLIVES	1/2 jar *
WHITE FISH FILLETS	1 packet
CHIVES	1/3 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

oven tray, frypan, oven dish

NOTES

Halve olives if preferred.

Serve with lemon wedges if you have.

No fish option - white fish fillets are replaced with diced chicken breast fillet. No need for the oven. Add diced chicken along with onion at step 2. Cook for 6-8 minutes then continue to step 3. Cook for further 5-10 minutes or until chicken is cooked through. Disregard step 4 + 5.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve or quarter potatoes. Place on a lined oven tray and toss with crushed garlic, **oil, salt and pepper**. Roast for 20-25 minutes or until golden and crunchy.



4. PREPARE THE FISH

Cut fish fillets into evenly-sized pieces and toss with **oil, salt, pepper** and **1/2 tsp oregano**. Arrange in a lined oven dish.



2. SAUTÉ THE ONION

Heat a frypan with **1 tbsp oil** over medium-high heat. Slice and add onion, cook for 4 minutes or until softened. Add **1/2 tsp oregano** and **2 tbsp vinegar**.



5. COOK THE FISH

Pour sauce over the fish fillets and place in oven for 8-10 minutes or until cooked through.



3. ADD THE VEGETABLES

Dice tomatoes and capsicum. Trim, rinse and roughly chop spinach. Add to pan as you go along with **2 tbsp water**. Cover and cook for 5 minutes or until spinach has wilted. Stir through olives (see notes), and season with **salt and pepper**.



6. FINISH AND PLATE

Chop chives.

Serve fish with crispy potatoes and sprinkle chives on top (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

