



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Thyme


To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



## A2 Fish Parcels with Crispy Potato Discs

Sicilian olives, cherry tomatoes and zucchini with fish, butter and thyme wrapped up and baked in a parcel, served alongside crispy potato discs.

 25 minutes

 2 servings

 Fish

15 July 2022

## Switch it up!

*You can serve the fish with mashed potatoes if preferred! You could also use the potatoes to make wedges, cut the fish into fingers and roast the vegetables if you don't feel like making parcels.*

## FROM YOUR BOX

MEDIUM POTATOES	3
THYME	1 packet
SHALLOT	1
ZUCCHINI	1
CHERRY TOMATOES	1 bag (200g)
GREEN OLIVES	1 jar
WHITE FISH FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried oregano, baking paper

## KEY UTENSILS

2 oven trays

## NOTES

You can use fennel seeds, dried Italian herbs or rosemary instead of dried oregano if preferred. Add some crushed garlic if desired.

Instead of making 2 separate parcels, you can place all the vegetables in an oven dish, top with fish, butter and thyme. Cover the dish and bake until cooked through.

You can serve the potatoes with some aioli or relish for dipping!



### 1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice potatoes (roughly 1/2cm thick). Toss on a lined oven tray with 1/2 tbsp thyme leaves, **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



### 4. WRAP THE PARCELS

To wrap each parcel, bring long sides of the paper together, fold over and place short sides underneath to seal. Place parcels on a second oven tray and bake for 10–15 minutes or until the fish is cooked through.



### 2. PREPARE THE VEGETABLES

Slice shallot and zucchini (use to taste). Halve tomatoes. Drain and rinse olives (use to taste). Toss together in a bowl with **1 tsp oregano, olive oil, salt and pepper** (see notes).



### 5. FINISH AND SERVE

Divide potatoes and fish parcels among shallow bowls (see notes).



### 3. ASSEMBLE THE PARCELS

Place 2 large sheets of **baking paper** on the bench and place even amounts of vegetables in the centre (see notes). Place fish, thyme sprig and **1/2 tbsp butter** on top. Season with **salt and pepper**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

