



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Carrots

Bendy carrots? Cut off the top and bottom and place in a container with water overnight!



A2 Fish Parmigiana with Potato Wedges

A speedy parmigiana with a twist! Oven baked fish with Napoli sauce and melty cheese, served with golden potato wedges and family friendly veggies.



30 minutes



2 servings



Fish

8 April 2022

Switch it up!

You can make mashed potatoes instead of wedges if preferred! Or, dice them and boil together with carrot and broccoli all in the same pan.

FROM YOUR BOX

MEDIUM POTATOES	2
WHITE FISH FILLETS	1 packet
TOMATO SUGO	1 jar
GRATED CHEESE	1 packet
BROCCOLINI	1 bunch
CARROT	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried oregano

KEY UTENSILS

oven tray, oven dish, frypan

NOTES

Rinse and pat dry the fish fillets before cooking.

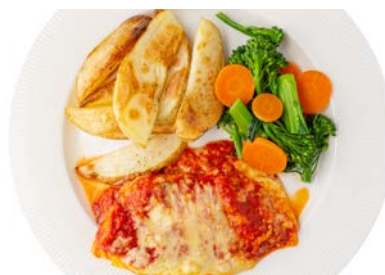
Use the tomato sugo and cheese to taste. Save any leftovers for a quick pasta dish!



1. ROAST THE WEDGES

Set oven to 220°C. Fill a frypan with water and bring to a simmer (step 3).

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast on top rack of oven for 20–25 minutes until golden and cooked through.



4. FINISH AND SERVE

Serve fish with wedges and a side of vegetables.



2. BAKE THE FISH

Place fish in a lined oven dish (see notes). Sprinkle with **1/2 tsp oregano, salt and pepper**. Pour over tomato sugo and an even layer of cheese. Bake for 15 minutes until fish is cooked through.



3. COOK THE VEGETABLES

Slice broccolini and carrot. Add to simmering water in frypan for 6–8 minutes until tender. Drain and toss with **1/2 tbsp butter**.

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**

