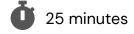




Fish Parcels

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.





4 servings



Fish

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	800g
THYME	1 packet
SHALLOT	1
ZUCCHINI	1
CHERRY TOMATOES	1 bag (200g)
GREEN OLIVES	1 jar
WHITE FISH FILLETS	2 packets

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 4 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 tbsp thyme leaves, oil, salt and pepper. Roast in oven for 20–25 minutes until golden and cooked through.



2. PREPARE THE VEGETABLES

Slice shallot and zucchini. Halve tomatoes. Drain and rinse olives. Toss together in a bowl with **2 tsp oregano**, **olive oil**, **salt and pepper** (see notes).



3. ASSEMBLE THE PARCELS

Place 4 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.



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.



5. FINISH AND SERVE

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



