



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli

The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



## A4 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

 4 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	800g
WHITE FISH FILLETS	2 packets
TOMATO SUGO	1 jar
GRATED CHEESE	1 packet
BROCCOLI	1
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 cheese to taste. Save any leftovers for sandwiches or to stir through pasta!



### 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.



### 2. BAKE THE FISH

Place fish in a lined oven dish (see notes). Sprinkle with **1 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

Cut broccoli into florets and slice carrot. Add to simmering water in frypan for 8–10 minutes until tender. Drain and toss with **1 tbsp butter**.



### 4. FINISH AND SERVE

Serve fish with wedges and a side of vegetables.

**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)

