



Product Spotlight: Apple

Apples contain 25% air, which means they float in water, and you can play apple bobs with them!



Baked Fish Parmigiana

with Fresh Salsa

A speedy baked fish parmigiana with Napoli sauce and melty cheese served with golden potato wedges and family-friendly salsa.



30 minutes



2 servings



Fish

Add some herbs!

You can add some fresh basil or oregano to garnish the parmigiana or toss them with the salsa!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	24g	66g

FROM YOUR BOX

MEDIUM POTATOES	3
WHITE FISH FILLETS	1 packet
TOMATO SUGO	1 jar
SHREDDED CHEESE	1 packet
TOMATO	1
LEBANESE CUCUMBER	1
RED APPLE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, balsamic vinegar

KEY UTENSILS

oven tray, oven dish

NOTES

Leave the wedges in the oven for longer for a crispier finish if preferred.

Rinse and pat the fish dry before adding to the oven dish. The cooking time of the fish can vary according to the fillet size.



1. ROAST THE WEDGES

Set oven to 220°C.

Cut potatoes into wedges or chips 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 (see notes).



4. FINISH AND SERVE

Serve fish with wedges and a side of salsa.



2. BAKE THE FISH

Place fish fillets in a lined oven dish (see notes). Sprinkle with **1/2 tsp rosemary, salt and pepper**. Pour over tomato sugo and an even layer of cheese. Bake for 15–20 minutes or until fish is cooked through.



3. PREPARE THE SALSA

Dice tomato, cucumber and apple. Toss together with **1 tsp balsamic vinegar** and **1 tsp olive oil**.

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**

