DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Make a feta sauce!

You can blend the feta cheese with a splash of milk or water to make a feta sauce if preferred! Delicious for dipping the crunchy potato bites!
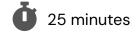
Mediterranean Fish
with Crispy Potato Bites

Grilled oregano fish fillets with a crunchy Greek salad and golden potato bites, served with a shallot and balsamic dressing.

🕐 25 minutes   🍴 2 servings   🐟 Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	38g	56g

FROM YOUR BOX

MEDIUM POTATOES	3
GARLIC CLOVE	1
SHALLOT	1
CHERRY TOMATOES	200g
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
FETA CHEESE	1 packet
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, oven tray

NOTES

The oven is set to 250ºC for extra crispy potatoes. If yours doesn't reach that high, you can set it to 220ºC and leave the potatoes in for longer.

Raw garlic can have a bit of spice; we recommend starting with 1/2 a clove and then adding more to taste. If you prefer cooked shallot, you can slice it and add it to the frypan with the fish.

1. ROAST THE POTATOES

Set oven to 250ºC (see notes).

Dice potatoes and toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 20-25 minutes or until golden and cooked through.

2. PREPARE THE DRESSING

Whisk together **2 tbsp balsamic vinegar**, **2 tbsp olive oil**, **1 tsp oregano**, **salt and pepper** in a bowl. Crush 1/2-1 garlic clove and finely chop shallot (see notes). Add to dressing.

3. PREPARE THE SALAD

Halve tomatoes, slice capsicum and cucumber (deseed if preferred). Dice feta. Toss together and set aside.

4. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **1/2 tsp oregano**, **oil**, **salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.

5. FINISH AND SERVE

Serve fish, potatoes and salad with dressing to taste.

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**