



Product Spotlight: Garlic

Remove the smell of garlic from your hands by running them under cold water while rubbing a stainless steel object!



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

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	22g	34g

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 250°C for extra crispy potatoes. If yours doesn't reach that high, you can set it to 220°C 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.



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1. ROAST THE POTATOES

Set oven to 250°C (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.



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.



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**.



5. FINISH AND SERVE

Serve **fish, potatoes** and **salad** with dressing to taste.



3. PREPARE THE SALAD

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

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**

