



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.



35 minutes



4/6 servings



Fish

Make a feta sauce!

You can blend the feta cheese with a splash of milk or water to make a feta sauce, perfect for dipping the crunchy potato bites.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	35g	11g	40g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
GARLIC CLOVE	1	1
SHALLOT	1	1
CHERRY TOMATOES	200g	2 x 200g
GREEN CAPSICUM	1	2
LEBANESE CUCUMBER	1	2
FETA CHEESE	1 packet	1 packet
WHITE FISH FILLETS	2 packets	3 packets

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 instead.



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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 **1/4 cup balsamic vinegar, 1/4 cup olive oil, 2 tsp oregano, salt and pepper** in a bowl. Crush **1/2–1 garlic clove** and finely chop **shallot** (see notes). Add to **dressing**.

6P – use 1/3 cup olive oil.



3. PREPARE THE SALAD

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



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

