



### Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium and potassium – minerals and antioxidants that give you better hair and skin, and stronger nails!



## E4 Lemon Fish Parcel with Tossed Brown Rice

Lemon and oregano fish parcel cooked with vegetables, served with brown rice and spinach tossed in a balsamic dressing.

 35 minutes

 4 servings

 Fish

25 March 2022

## Switch it up!

*Instead of making the fish parcels, you can grill the fish fillets and lemon slices directly on the BBQ to give a smokey flavour.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 9g **CARBOHYDRATES** 31g

## FROM YOUR BOX

BROWN RICE	1 packet (300g)
RED ONION	1
TOMATOES	2
WHITE FISH FILLETS	2 packets
LEMON	1
ENGLISH SPINACH	1 bunch
RED CHILLI	1

## FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried oregano, balsamic vinegar, baking paper

## KEY UTENSILS

oven dish, saucepan

## NOTES

You can cook the parcel on the BBQ instead of in the oven. Wrap a layer of foil around the parcel to prevent it from splitting.

We used a 20x25cm oven dish.

Be sure to thoroughly wash the spinach. Keep the spinach separate if preferred.

Spoon any cooking juices from the parcel over the finished dish.



### 1. COOK THE RICE

Set oven to 220°C (see notes).

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE VEGGIES

Tear a large sheet of **baking paper** and lay in an oven dish (large enough so that there is plenty of overhang to fold up the parcel). Wedge onion and chop tomatoes. Toss on paper with **2 tsp dried oregano, salt and pepper**.



### 3. BAKE THE PARCEL

Coat fish with **salt and pepper** and lay on top of vegetables. Slice lemon and place over fish along with **2 tbsp butter**. Fold in edges of baking paper to seal into a parcel. Bake for 20–25 minutes or until fish is cooked through.



### 4. MAKE THE DRESSING

In a bowl whisk together **2 tsp dried oregano, 2 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper**.



### 5. TOSS THE RICE

Roughly chop the spinach (see notes) and toss through cooked rice along with dressing.



### 6. FINISH AND SERVE

Slice chilli. Divide tossed rice among plates. Serve with fish (see notes) and vegetables. Garnish with chilli slices.

**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**

