



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Zucchini

Zucchini's are also called courgettes. The world's heaviest zucchini weighed 29.25kg! It was grown in the UK in 1990.



1 Fish Parcel with Potato Bake

Tender oven-baked potatoes and leek served with a mild-yet-flavourful fish parcel that features tomato, zucchini, garlic, lemon and butter.

 35 minutes

 2 servings

 Fish

16 July 2021

Parcel options

Instead of making one large parcel, you can make 4 smaller individual parcels. Or, simply assemble the ingredients in a baking dish and cover with a lid or baking paper.

FROM YOUR BOX

POTATOES	400g
LEEK	1/2 *
ROSEMARY	1 stalk
BABY SPINACH	1 packet
ZUCCHINI	1/2 *
TOMATO	1
GARLIC CLOVE	1
PARSLEY	1/2 bunch *
LEMON	1
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

2 oven trays, baking paper

NOTES

If the sheet of paper isn't large enough, place another sheet underneath to make a cross. Combined, they should seal your parcel.

No fish option – white fish fillets are replaced with chicken schnitzels. Cook chicken in a frypan with 1/2 tbsp butter for 4–5 minutes each side. Remove to a plate. Add prepared vegetables to the pan with 1/2 tbsp butter and cook, tossing occasionally, for 3–4 minutes. Serve with potatoes.



1. COOK THE POTATOES

Set the oven to 220°C.

Thinly slice potatoes and leek, chop rosemary. Toss together on a lined oven tray with **1 tbsp oil, 2 tbsp water, salt and pepper**. Cover and cook for 20 minutes. Uncover and cook for a further 5 minutes to crisp the top.



2. PREPARE VEGETABLES

Chop the spinach, slice the zucchini and tomato into rounds. Slice garlic and chop parsley. Zest lemon to yield 1 tsp, then slice half and wedge the other half.



3. MAKE THE PARCEL

Place a large sheet of baking paper on another oven tray. Divide spinach and zucchini evenly. Place fish on top, then add tomato, sliced lemon, chopped parsley, and **1 tbsp butter**. Season with **salt and pepper**.



4. BAKE THE PARCEL

To wrap the parcel, bring long sides of the paper together, fold over and place short sides underneath to seal (see notes). Bake for 20–25 minutes or until fish is cooked through.



5. FINISH AND PLATE

Divide potatoes among plates and serve with fish, vegetables and a lemon wedge.

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

