



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Oregano

Ancient Greeks believed that cows who ate a lot of oregano had tastier meat. We don't know about that, but what we do know is that this aromatic herb goes well with the potatoes and WA fish fillets in this dish!



1 Oregano Fish with Parmesan Potatoes

Fresh fish from the coast of WA, baked potatoes with savoury parmesan topping and a crunchy side salad with seasonal greens.

 30 minutes

 2 servings

 Fish

14 September 2020

Bake the fish

For a less hands-on approach, bake the fish instead of pan-frying it. Prepare as per step 3, but then add to an oven dish along with butter, oregano, garlic, salt and pepper. Cover and bake below the potatoes for around 8-12 minutes or until cooked through.

FROM YOUR BOX

SPRING ONIONS	1/4 bunch *
SLICED POTATOES	400g
CARROT	1
SUGAR SNAP PEAS	1/2 bag (75g) *
CONTINENTAL CUCUMBER	1/3 *
WHITE FISH FILLETS	1 packet
FRESH OREGANO	1 packet
GARLIC CLOVE	1
GRATED PARMESAN CHEESE	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, dried oregano, red wine vinegar, flour (of choice)

KEY UTENSILS

frypan, oven tray, kettle

NOTES

Cooking time will vary depending on the thickness of the fish fillets.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. BAKE THE POTATOES

Set oven to 250°C and boil the kettle.

Thinly slice spring onions. Toss on a lined oven tray with sliced potatoes, **1 tbsp oil**, **1/2 tsp dried oregano**, **salt and pepper**. Pour in **1/3 cup boiling water**, cover with baking paper or foil, and bake for 15 minutes. See step 4.



4. FINISH THE POTATOES

Uncover potatoes and sprinkle with parmesan. Bake for a further 10 minutes or until tender and golden.



2. PREPARE SIDE SALAD

Ribbon carrot using a peeler, slice sugar snap peas and cucumber. Toss together with **2 tsp olive oil** and **1 tsp vinegar**.



5. COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Cook fish for 3 minutes on one side. Turn over and add **1 tbsp butter**, chopped oregano (use to taste) and crushed garlic. Cook for a further 3-4 minutes or until cooked through (see notes).



3. PREPARE THE FISH

Coat fish fillets in **1 tbsp flour**, **salt and pepper**. Roughly chop fresh oregano and crush garlic, set aside.



6. FINISH AND PLATE

Divide potatoes, salad and fish among plates. Spoon oregano butter over to serve.

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**

