



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl Barley

Pearl barley is incredibly versatile and can be used for breakfast, lunch, dinner — and even dessert! Don't believe us? Google it!



2 Fish Parcels with Lemon Pearl Barley

Fresh WA fish fillets, wholesome seasonal greens and tangy lemon pearl barley. In other words? A delicious dinner that's not just good for the taste buds, but also for your health!

 30 minutes

 2 servings

 Fish

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Skip the parcels

Instead of making individual parcels, make the meal in a baking dish. Prepare veggies as in step 2. Then place in lined oven dish, top with fish, thyme and butter, and cover with baking paper, foil or a lid. Bake for 20-25 minutes or until fish is cooked through.

FROM YOUR BOX

| | |
|--------------------|-----------------|
| PEARL BARLEY | 150g |
| COURGETTES | 2 |
| CARROT | 1 |
| SNOW PEAS | 1/2 bag (75g) * |
| LEMON | 1 |
| WHITE FISH FILLETS | 1 packet |
| YELLOW CAPSICUM | 1/2 * |
| SHALLOT | 1 |
| MINT | 1/2 bunch * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried thyme

KEY UTENSILS

frypan, saucepan, oven tray, baking paper

NOTES

Instead of slicing the veggies for the parcels, you can dice and pan-fry them. Then, mix with the pearl barley in step 5.

No fish option – white fish fillets are replaced with diced chicken breast fillet. Toss together with vegetables and dried thyme. Increase cooking time to 20–25 minutes.

No gluten option – pearl barley is replaced with brown rice. Cook as per recipe.



1. COOK THE PEARL BARLEY

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



2. PREPARE THE VEGGIES

Slice courgettes and carrots, trim and halve snow peas (see notes). Zest 1/2 lemon. Toss all together with **oil, salt and pepper.**



3. PREPARE THE PARCELS

Place 2 large sheets of baking paper on the kitchen bench and place even amounts of vegetables in the centre of each. Place fish on top and add a **pinch of thyme** and **1/2 tbsp butter/olive oil** to each parcel.



4. FINISH THE PARCELS

To wrap each parcel, bring the long sides of the paper together, fold over and place short sides underneath parcel to seal (scan the QR code for a demonstration). Bake for 15–20 minutes, or until the fish is cooked through.



5. FINISH THE PEARL BARLEY

Heat a frypan with **1 tbsp oil/butter**. Dice capsicum, slice shallot and zest 1/2 lemon, adding to pan as you go. Cook for 3 minutes, then add pearl barley. Mix well and squeeze in juice of 1/2 lemon, season to taste with **salt and pepper.**



6. FINISH AND PLATE

Chop mint and wedge remaining lemon. Divide pearl barley between plates, top with a fish parcel and sprinkle with mint. Serve with 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

