

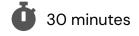


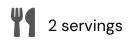


Mediterranean Baked Fish

with Herb Salad

Oven-baked white fish served with a warm roasted tomato and capsicum mix, kalamata olives, and fresh herb salad. Paired with fluffy quinoa, this dish brings fresh Mediterranean flavour to your weeknight table.







Play with the flavours!

Add some fennel seeds or fresh rosemary to the vegetables as they cook for added flavour. Lemon zest and chilli flakes go well on the fish for a bit more zing.

FROM YOUR BOX

WHITE QUINOA	100g
CHERRY TOMATOES	200g
RED CAPSICUM	1
GARLIC CLOVES	2
WHITE FISH FILLETS	1 packet
KALAMATA OLIVES	1 tub
PARSLEY	1 packet
SHALLOT	1

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, red wine vinegar

KEY UTENSILS

saucepan, oven dish

NOTES

Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

Rinse olives first to remove excess salt if preferred.



1. COOK THE QUINOA

Set oven to 220°C

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse (see notes).



2. ROAST THE VEGETABLES

Halve tomatoes, slice capsicum and garlic. Toss with 2 tbsp olive oil, salt and pepper in a lined oven dish. Roast in oven for 10 minutes. Remove and lightly squish tomatoes to make a sauce.



3. ADD THE FISH AND BAKE

Coat fish with 1 tsp oregano, olive oil, salt and pepper. Place in oven dish along with olives (see notes). Bake for 10-15 minutes or until fish is cooked through.



4. PREPARE THE HERB SALAD

Roughly parsley and thinly slice shallot (use to taste). Toss with 1/2 tbsp vinegar and 1/2 tbsp olive oil.



5. FINISH AND SERVE

Scatter herb salad on top of fish and serve with quinoa.









