



Product Spotlight: Lemon

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



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



2 servings



Fish

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	16g	41g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
SHALLOT	1
TOMATO	1
WHITE FISH FILLETS	1 packet
LEMON	1
BABY SPINACH	1 bag (60g)
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 20 x 25cm oven dish.

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



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1. COOK THE RICE

Set oven to 220°C (see notes).

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



4. MAKE THE DRESSING

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



2. PREPARE THE VEGGIES

Tear a large sheet of **baking paper** and lay it in an oven dish (large enough so that there is plenty of overhang to fold the parcel, see notes). Wedge shallot and chop tomato. Toss on paper with **1 tsp dried oregano, salt and pepper.**



5. TOSS THE RICE

Toss baby spinach through cooked rice along with the dressing.



3. BAKE THE PARCEL

Coat fish with **salt and pepper** and lay on top of vegetables. Slice lemon and place 1/2 over fish along with **1 tbsp butter**. Fold in edges of baking paper to seal into a parcel. Bake for 20–25 minutes or until fish is cooked through.



6. FINISH AND SERVE

Slice chilli.

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

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