

**Product Spotlight:  
Alfalfa Sprouts**

Sprouts contain concentrated amounts of vitamins and minerals like calcium, vitamin K, and vitamin C! Any leftovers make great sandwich fillings!



## Greek Fish Parcels with Roast Potatoes

White fish fillets and Greek vegetables baked in parcels and served with oregano-roasted potatoes and fresh alfalfa sprouts.



30 minutes



2 servings



Fish

### Skip it!

*Instead of making parcels, pan-fry the fish fillets and add vegetables to the oven tray to roast or sauté in a frypan.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 31g     | 12g       | 59g           |

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| MEDIUM POTATOES    | 3        |
| SHALLOT            | 1        |
| CHERRY TOMATOES    | 200g     |
| YELLOW CAPSICUM    | 1        |
| LEMON              | 1        |
| WHITE FISH FILLETS | 1 packet |
| PARSLEY            | 1 packet |
| ALFALFA SPROUTS    | 1 punnet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, baking paper, balsamic vinegar

## KEY UTENSILS

2 oven trays

## NOTES

Add mint, oregano, or dill to the dressing if desired.

Add crumbled feta cheese or grated parmesan to the finished dish for extra flavour!



### 1. ROAST THE POTATOES

Set oven to 220°C.

Slice **potatoes** and toss on a lined oven tray with **oil**, **2 tsp oregano**, **salt and pepper**. Roast in oven for 25 minutes, or until golden.



### 2. PREPARE THE PARCELS

Slice **shallot**. Halve **tomatoes** and dice **capsicum**. Zest and juice **lemon** (reserve juice for step 4). Place 2 large sheets of **baking paper** on bench and add even amounts of shallot, tomato and capsicum. Coat **fish** with lemon zest, **salt and pepper**. Add to parcels and drizzle each with **2 tsp vinegar** and **2 tsp olive oil**.



### 3. BAKE THE PARCELS

To wrap parcels, bring the long sides of paper together, fold over and tuck the short sides underneath to seal. Bake on an oven tray for 15–20 minutes until fish fillets are cooked through.



### 4. PREPARE THE DRESSING

Finley chop **parsley** leaves and tender stems (see notes). Add to a bowl with lemon juice, **1 1/2 tbsp olive oil**, **1/2 tbsp water**, **salt and pepper**. Mix to combine.



### 5. FINISH AND SERVE

Divide roasted potatoes among plates. Serve with parcels. Drizzle parsley dressing over parcels and serve with **alfalfa sprouts** (see notes).



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