L

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!

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.

30 minutes | 4/6 servings | Fish

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.

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	13g	36g/40g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE QUINOA	200g	200g + 100g
CHERRY TOMATOES	2 x 200g	3 x 200g
RED CAPSICUM	1	2
GARLIC CLOVES	2	2
WHITE FISH FILLETS	2 packets	3 packets
KALAMATA OLIVES	1 tub	1 tub
PARSLEY	1 packet	1 packet
SHALLOT	1	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.

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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 **3 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.

6P - use 1/3 cup olive oil.



3. ADD THE FISH AND BAKE

Coat **fish** with **2 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.

6P- use 3 tsp oregano on fish.



4. PREPARE THE HERB SALAD

Roughly chop **parsley** and thinly slice **shallot**. Toss with **1 tbsp vinegar** and **1 tbsp olive oil**.



5. FINISH AND SERVE

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

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