



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: OREGANO

Fresh oregano has a strong aromatic and earthy flavour which pairs well with tomato and lemon based dishes!



1. OREGANO FISH

WITH GREEK SALAD

 35 Minutes

 4 Servings

Garlic and oregano buttered fish fillets alongside a golden potato bake and fresh greek salad with olives.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
33g	7g	31g

FROM YOUR BOX

POTATOES	800g
LEEK	1/2 *
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
GREEN CAPSICUM	1
KALAMATA OLIVES	1 tub (100g)
WHITE FISH FILLETS	2 packets
OREGANO	1/2 packet *
GARLIC	1 clove

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, butter, salt, pepper, 1 stock cube (of choice), red wine vinegar, flour (of choice)

KEY UTENSILS

oven tray, frypan, kettle

NOTES

Spread potatoes over a wide tray, making the potato layer as thin as possible. This will reduce the cooking time.

If you don't have foil you can use an oven tray to cover the dish or bake without covering until potatoes are tender.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE POTATOES

Set oven to 250°C and boil the kettle. Thinly slice potatoes and leek. Toss in a large lined oven tray with **1 crumbled stock cube, salt and pepper** (see notes). Pour in **3/4 cup boiling water**. Cover with foil and bake for 15 minutes (see step 3).



2. PREPARE THE SALAD

Dice cucumber, tomatoes and capsicum. Toss with olives, **1 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**. Set aside.



3. PREPARE THE FISH

Dust fish with **1 tbsp flour, salt and pepper**. Set aside.

Remove foil from potatoes and bake for a further 10-15 minutes until tender.



4. COOK THE FISH

Heat a frypan over medium-high heat with **olive oil**. Cook fish for 3 minutes on one side. Turn fish over, add oregano leaves and **2 tbsp butter**. Crush in 1 garlic clove. Cook for 3-4 minutes or until cooked through.



5. FINISH AND PLATE

Divide potatoes, salad and fish among plates. Spoon oregano butter over fish.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

