



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



4 servings



Fish

2 June 2023

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
	28g	10g	46g

FROM YOUR BOX

MEDIUM POTATOES	800g
SHALLOT	1
CHERRY TOMATOES	200g
YELLOW CAPSICUM	1
LEMON	1
WHITE FISH FILLETS	2 packets
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, 1 tbsp 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 4 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, **2 tbsp olive oil, 1 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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