



### Product Spotlight: Apple

Apples contain 25% air, which means they float in water, and you can play apple bobs with them!



## Baked Fish Parmigiana with Fresh Salsa

A speedy baked fish parmigiana with Napoli sauce and melty cheese served with golden potato wedges and family-friendly salsa.



30 minutes



2 servings



Fish

27 January 2023

## Add some herbs!

*You can add some fresh basil or oregano to garnish the parmigiana or toss them with the salsa!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	24g	66g

## FROM YOUR BOX

MEDIUM POTATOES	3
WHITE FISH FILLETS	1 packet
TOMATO SUGO	1 jar
SHREDDED CHEESE	1 packet
TOMATO	1
LEBANESE CUCUMBER	1
RED APPLE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, balsamic vinegar

## KEY UTENSILS

oven tray, oven dish

## NOTES

Leave the wedges in the oven for longer for a crispier finish if preferred.

Rinse and pat the fish dry before adding to the oven dish. The cooking time of the fish can vary according to the fillet size.



### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut potatoes into wedges or chips and toss on a lined oven tray with **oil, salt and pepper**. Roast on top rack of oven for 20-25 minutes until golden and cooked through (see notes).



### 4. FINISH AND SERVE

Serve fish with wedges and a side of salsa.



### 2. BAKE THE FISH

Place fish fillets in a lined oven dish (see notes). Sprinkle with **1/2 tsp rosemary, salt and pepper**. Pour over tomato sugo and an even layer of cheese. Bake for 15-20 minutes or until fish is cooked through.



### 3. PREPARE THE SALSA

Dice tomato, cucumber and apple. Toss together with **1 tsp balsamic vinegar** and **1 tsp olive oil**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

