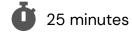




# **Mediterranean Fish**

# with Crispy Potato Bites

Grilled oregano fish fillets with a crunchy Greek salad and golden potato bites, served with a shallot and balsamic dressing.





4 servings



# Make a feta sauce!

You can blend the feta cheese with a splash of milk or water to make a feta sauce if preferred! Delicious for dipping the crunchy potato bites!

PROTEIN TOTAL FAT CARBOHYDRATES 47g

36g 26g

#### FROM YOUR BOX

MEDIUM POTATOES	800g
GARLIC CLOVE	1
SHALLOT	1
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
FETA CHEESE	1 packet (200g)
WHITE FISH FILLETS	2 packets

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

The oven is set to 250°C for extra crispy potatoes. If yours, doesn't reach that high, you can set it to 220°C and leave the potatoes in for longer.

Raw garlic can have a bit of spice; we recommend starting with 1/2 a clove and then adding more to taste. If you prefer cooked shallot, you can slice it and add it to the frypan with the fish instead.



#### 1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Dice potatoes and toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 20–25 minutes or until golden and cooked through.



#### 2. PREPARE THE DRESSING

Whisk together 1/4 cup balsamic vinegar, 1/4 cup olive oil, 2 tsp oregano, salt and pepper in a bowl. Crush 1/2-1 garlic clove and finely chop shallot (see notes). Add to dressing.



#### 3. PREPARE THE SALAD

Halve tomatoes, slice capsicum and cucumber (deseed if preferred). Dice feta. Toss together and set aside.



### 4. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with 1 tsp oregano, oil, salt and pepper. Cook in pan for 3-4 minutes each side or until cooked through.



## **5. FINISH AND SERVE**

Serve fish, potatoes and salad with dressing to taste.



