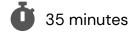




Lemon Fish Parcels

with Dressed Brown Rice

Tender white fish fillets baked with lemon, herbs and butter then finished with fresh oregano and chilli. Served with balsamic brown rice.





2 servings



Fish

Spice it up!

You can use any dried herb of choice instead of thyme in this dish. Or you can use a fresh herb such as rosemary, dill, parsley or thyme.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

30g 44g

38g

FROM YOUR BOX

BROWN RICE	150g
ZUCCHINI	1/2 *
ТОМАТО	1
WHITE FISH FILLETS	1 packet
LEMON	1/2 *
BABY SPINACH	1/2 bag (100g) *
RED CHILLI	1/2 bag (100g) *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

butter, olive oil, salt, pepper, dried thyme (or herb of choice), balsamic vinegar, baking paper and foil

KEY UTENSILS

saucepan, oven dish

NOTES

You can cook the fish parcel on the BBQ instead of in the oven. Wrap an extra layer of foil around the parcel to prevent it from splitting.

We used a 20x25cm oven dish.

No fish option - white fish fillets are replaced with chicken schnitzels. Chop tomato and add to the rice instead. Cook the chicken and zucchini in a frypan over medium-high heat for 8-10 minutes until chicken is cooked through.



1. COOK THE RICE

Set oven to 220°C (see notes).

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGGIES

Tear a large sheet of **baking paper** and **foil** (see notes). Lay over an oven dish. Slice zucchini and chop tomato. Toss in oven dish with **1 tsp thyme**, **1 tbsp olive oil**, **salt and pepper**.



3. BAKE THE PARCEL

Season fish with **salt and pepper** and lay on top of vegetables. Slice 1/2 lemon and place over fish with **2 tbsp butter**. Fold in edges of foil to seal into a parcel. Bake in oven for 20–25 minutes or until fish is cooked through.



4. MAKE THE DRESSING

Whisk together 1 tsp dried thyme, 2 tbsp balsamic vinegar and 2 tbsp olive oil. Season with salt and pepper.



5. TOSS THE RICE

Toss dressing through cooked rice and baby spinach.



6. FINISH AND PLATE

Slice chilli and pick oregano leaves. Scatter over fish to garnish. Divide rice salad with fish among plates.

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



