



Product Spotlight: Oregano

Fresh oregano is widely used in Mediterranean cooking. If you have any leftover you can hang it to dry in a dark, dry spot.



1 Oregano & Olive Fish Parcels

Cherry tomatoes, salty olives and a burst of lemon with fresh fish all wrapped up and baked in a parcel. Served alongside golden scalloped potatoes with oregano.

 35 minutes

 2 servings

 Fish

5 October 2020

Spice it up!

These parcels are also great with fresh rosemary or chilli at the end for a bit of a kick. Dress the mesclun leaves with a little balsamic vinegar and olive oil, if preferred.

Per serve: **PROTEIN** 30g **TOTAL FAT** 18g **CARBOHYDRATES** 43g

FROM YOUR BOX

POTATOES	400g
SHALLOT	1
OREGANO	1 packet
LEMON	1
KALAMATA OLIVES	1 tub (100g)
COURGETTES	3
CHERRY TOMATOES	1/2 bag (100g) *
WHITE FISH FILLETS	1 packet
MESCLUN LEAVES	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

butter, olive oil, salt and pepper, dried Italian herbs (or dried herb of choice), baking paper

KEY UTENSILS

2 oven trays

NOTES

If you prefer the olives to be less salty you can rinse them with water before adding to the parcels.

No fish option – white fish fillets are replaced with chicken schnitzels. Coat chicken with 1/4 tsp dried Italian herbs, oil, salt and pepper. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through. Roast the vegetables on a separate tray to the potatoes.



1. ROAST THE POTATOES

Set oven to 220°C.

Slice potatoes into discs, slice shallot (reserve 1/2). Toss on a lined oven tray with 1 tbsp oregano leaves, zest and juice from 1/2 lemon (slice remaining), 1/2 the olives, **olive oil, salt and pepper**. Roast in oven for 20-25 minutes or until cooked through.



4. WRAP THE PARCELS

To wrap each parcel, bring long sides of the paper together, fold over and place short sides underneath to seal. Bake for 15-25 minutes, or until the fish is cooked through.



2. PREPARE THE VEGGIES

Slice courgettes and halve cherry tomatoes. Toss with remaining 1/2 shallot and olives (see notes), **1/2 tsp dried Italian herbs** and **1/2 tbsp olive oil**.



5. FINISH AND PLATE

Divide potatoes and fish parcels among shallow bowls. Serve with a side of mesclun leaves.



3. PREPARE THE PARCELS

Place 2 large sheets of baking paper on the bench and place even amounts of veggies in the centre. Place fish on top, add a lemon slice, oregano sprig and **1/2 tbsp butter** to each parcel. Season with **salt and pepper**.

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

