




Product Spotlight: Olives


Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



1 Turmeric Fish Parcel with Rice Salad

White fish fillets cooked in parcels with spices, lemon and olives. Served with a rice salad.

 35 minutes

 2 servings

 Fish

10 December 2021

Switch it up!

If you don't want to cook the fish fillets in the parcels, simply pan-fry them for 2-4 minutes each side or until cooked through.

Per serve: **PROTEIN** 28g **TOTAL FAT** 42g **CARBOHYDRATES** 31g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
LEMON	1
OLIVES	1 jar
WHITE FISH FILLETS	1 packet
TOMATO	1
SNOW PEA SPROUTS	1 punnet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

butter, olive oil, salt, pepper, baking paper, ground paprika, ground turmeric, honey

KEY UTENSILS

oven tray, saucepan

NOTES

No fish option - white fish fillets are replaced with chicken schnitzels. Heat a frypan over medium-high heat with oil. Season chicken as instructed then cook for 4-5 minutes each side or until cooked through.



1. COOK THE RICE

Set oven to 220°C.

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 in cold water.



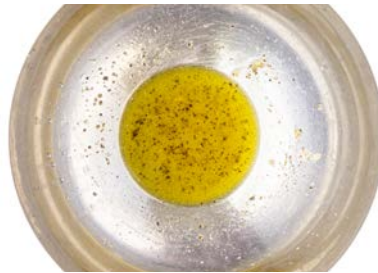
2. PREPARE THE PARCELS

Thinly slice 1/2 lemon. Drain and rinse olives. Place 2 large sheets of **baking paper** on the bench. Place even amounts of lemon and 1 tbsp olives on each. Top each with fish, **1 tbsp butter, 1/2 tsp paprika, 1/2 tsp turmeric, salt and pepper.**



3. BAKE THE PARCELS

To wrap each parcel bring the long sides of paper together, fold over and place short sides underneath each parcel to seal. Bake on an oven tray for 15-20 minutes or until the fish is cooked through.



4. MAKE THE DRESSING

Juice remaining lemon to yield 2 tbsp. Whisk in a large bowl with **2 tbsp olive oil, 1/2 tsp honey, salt and pepper.**



5. TOSS THE RICE SALAD

Dice tomato. Add to bowl with dressing along with rice, olives (to taste) and 1/2 the sprouts. Toss until well combined.



6. FINISH AND SERVE

Divide rice salad among shallow bowls. Serve with fish parcel and garnish with remaining sprouts.

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**

