



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Red Onion


Onions are powerful superfoods packed with beneficial nutrients, with antiviral, antibacterial & antioxidant properties.



1 Greek Fish Parcels

Rosemary fish fillets, baked in parcels with vegetables. Served with a fresh salad dressed in balsamic.

 35 mins

 4 servings

 Fish

30 July 2021

Add some cheese!

Crumble some firm feta and fresh oregano over your finished dish to give it that authentic Greek salad feel.

Per serve: **PROTEIN** 23g **TOTAL FAT** 7g **CARBOHYDRATES** 13g

FROM YOUR BOX

ZUCCHINI	1
CHERRY TOMATOES	1 bag (200g)
WHITE FISH FILLETS	2 packets
ROSEMARY	1/2 sprig *
RED ONION	1/2 *
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
KALAMATA OLIVES	1 packet
BALSAMIC DRESSING	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper

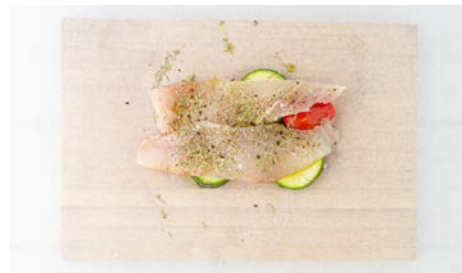
KEY UTENSILS

oven tray, baking paper

NOTES

If you don't like raw red onion (used in step 3), slice it and add to the parcels.

No fish option – white fish fillets are replaced with chicken schnitzels. Cook schnitzels, zucchini and tomato in a large frypan. Heat the pan over medium-high heat. Coat the schnitzels in oil, 1 tsp rosemary, salt and pepper. Cook for 4-5 minutes each side, remove from the pan. Add the vegetables and cook for 6-8 minutes until tender.



1. PREPARE PARCELS

Set oven to 220°C.

Thinly slice zucchini, halve tomatoes. Place 4 large sheets of baking paper on the bench, place even amounts of zucchini and tomato on each (see notes). Top each parcel with fish, 1/2 tsp roughly chopped rosemary, 1/2 **tbsp olive oil, salt and pepper.**



2. BAKE THE PARCELS

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



3. PREPARE VEGETABLES

Thinly slice onion, chop capsicum and slice cucumbers into rounds. Drain and rinse olives.



4. DRESS THE VEGETABLES

Add prepared vegetables to a bowl. Dress with balsamic dressing, **salt and pepper.** Toss until well coated.



5. FINISH AND PLATE

Evenly divide vegetables among plates, serve with parcels.

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**

