



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Capers

Capers are actually little flower buds & come from a plant called Finders Rose (or Caper Bush). Naturally bitter, the pickling process turns them into little flavour bombs of salt and acid.



## 1 Mediterranean Fish Parcel

Catalano's white fish fillets baked in a parcel of sliced fennel and capers served on a bed of roasted cherry tomatoes, red rice and baby spinach, with a fresh and herbaceous topping of parsley and sultanas.



35 mins



4 servings



Fish

7 May 2021

### Spice it up!

*Some green olives would make a great addition to this dish. Add them to your parcel instead of the capers, then chop the capers up to put in your topping with the parsley and sultanas.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	28g	7g	57g

## FROM YOUR BOX

RED RICE	300g
FENNEL BULB	1
CAPERS	1 jar
WHITE FISH FILLETS	2 packets
CHERRY TOMATOES	400g
PARSLEY	1/2 bunch *
SULTANAS	1 box
BABY SPINACH	1 bag (60g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried oregano, white wine vinegar, baking paper

## KEY UTENSILS

saucepan, 2 oven trays

## NOTES

Depending on your taste buds, you may want to drain any excess liquid off the capers and rinse them under fresh water.

Butter is optional and can be replaced with the same quantity of olive oil.

If your oven tray is large enough you can roast your tomatoes on the same tray as the fish parcels.

**No fish option – white fish fillets are replaced with chicken schnitzels.** Increase cooking time by 4–6 minutes.



## 1. COOK THE RICE

Set the oven to 220°C.

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



## 2. PREPARE THE PARCELS

Slice the fennel. Place four large sheets of baking paper on the bench and place even amounts of fennel and capers (see notes) on each sheet. Top each parcel with fish, seasoned with **1/4 tsp oregano, 1/2 tbsp butter** (see notes), **salt and pepper**.



## 3. BAKE PARCELS

To wrap each parcel, bring the long sides of the paper together, fold over and place the short sides underneath the parcel to seal. Place tomatoes on a second tray, season with **oil, salt and pepper**. Bake for 15–20 minutes or until the fish is cooked through (see notes).



## 4. MAKE TOPPING

Roughly chop parsley. Mix in a bowl with sultanas, **1 tbsp olive oil, 1 tsp white wine vinegar, salt and pepper**.



## 5. MIX RICE

Stir roasted cherry tomatoes and baby spinach through the red rice. Season with **salt and pepper**.



## 6. FINISH AND PLATE

Divide rice evenly among shallow bowls. Serve with baked fish parcels and parsley topping.

**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**

