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Lemon & Thyme Fish Papillote with Lentils & Potato

We love cooking anything 'en papillote' (literally, in parchment). Wrapping up the fish fillet while it's cooking ensures the flavour doesn't escape - and that means more deliciousness for you. With lentils and baby spinach, a side dish bursting with fibre and protein, this supper will have you savouring every mouthful.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high
protein



seafood
first

Pantry Items



Milk



Butter



Olive Oil



White Fish



Lemon



Thyme



Potatoes



Red Onion



Garlic



Lentils



Baby Spinach


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2P	4P	Ingredients
2 fillets	4 fillets	white fish
1	2	lemon, cut into 5 mm thick slices
1 bunch	2 bunches	thyme
400 g	800 g	potatoes, peeled & cut into 2 cm pieces
2 tbs	4 tbs	milk *
1 tbs	2 tbs	butter *
1 tin	2 tins	lentils, drained & rinsed
2 tsp	1 tbs	olive oil *
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
½ bag	1 bag	baby spinach, washed

Disclaimer: Potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2010	Kj
Protein	45	g
Fat, total	13.1	g
-saturated	5.5	g
Carbohydrate	39.8	g
-sugars	4.9	g
Sodium	206	mg



You will need: *chef's knife, chopping board, garlic crusher, peeler, potato masher, baking paper, oven tray, aluminium foil, medium bowl, sieve, and a large saucepan.*

- 1 Preheat oven to **180°C/160°C** fan-forced.
- 2 To prepare your papillotes, rip equal sized sheets of foil and baking paper for each serving of **fish** and place together. Distribute the fish, **lemon slices** and half of the **thyme** equally onto the baking paper side and wrap to enclose, the foil should be on the outside and will help generate heat and cook the fish in the oven. Place the parcels onto an oven tray and cook in the oven for **20-25 minutes**, or until the fish is cooked through.
- 3 Meanwhile, to make the mash, place the **potatoes** in a large saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Drain and return back to the saucepan. Add the **milk**, half of the **butter** and a good season of **salt** and **pepper**. Mash with a potato masher or fork until smooth.
- 4 While the potatoes are boiling prepare the **lentils**. Heat the **olive oil** and the remaining butter in a medium frying pan over a medium-high heat. Add the **red onion** and **garlic** and cook, stirring, for **3 minutes** or until the onion is soft. Add the lentils, garlic, **baby spinach** and remaining thyme and cook, stirring, for **2-3 minutes** or until the lentils are heated through and the baby spinach is wilted. Season to taste with salt and pepper.
- 5 To serve, divide mash potatoes and lentils between plates and top with lemon scented fish.

Did you know? Thyme was once used to protect against nightmares. People would place thyme under their pillow to encourage pleasant dreams.