

Becky Makes...

FISH PARCELS ("Fish en papillotte")

*This recipe sets out how to make an individual serving, simply
Multiply all quantities according to how many you are feeding!*



For each person:

- 2 handfuls Spinach, washed and roughly torn
- 1 serving-sized piece cod or haddock or salmon, filleted and skinned
- 1 medium-sized Tomato
- 1 tablespoon Lemon Juice
- Pinch fresh Parsley, chopped
- A few Capers (optional)
- Salt and pepper
- 15-20g Butter, softened
- 1 sheet Aluminium foil) each sheet should be approx.
- 1 sheet Greaseproof paper) the size of a baking sheet

Cook in the oven as foil parcels on a baking tray

1. Oven on to Gas mark 6, 200°C (180°C Fan)
2. Lay the foil out on the work surface in landscape orientation to you and place the greaseproof paper on top.
3. Arrange the spinach as a bed in the centre of the paper
4. Check the fish carefully for bones, then lay it on top of the spinach
5. Slice the tomato and arrange it on top of the fish
6. Sprinkle with the lemon juice, parsley, capers (if using), salt and pepper, then dot the butter over the top
8. Seal the parcel by first bringing the long sides together and folding over twice, then scrunch up each end to prevent steam and juices escaping
9. Repeat steps 2-8 above for as many parcels are needed, then arrange them on the baking tray and cook in the oven for 20 minutes
11. Serve immediately with new potatoes – take care when opening – hot steam!

For a Demonstration of this recipe find me on YouTube

[Becky Bakes... Easy Fish Parcels - YouTube](#)