



Parcel-Baked Fish

(makes 1 serving)

Fish was born to be baked in a parcel. All the juices meld together creating a delicious, quick and super-healthy meal. Get friendly with your local fishmonger, buy fish and vegetables in season and add herbs and spices to sharpen things up. This is one of my favourites.

Ingredients

- 1 white fish fillet of choice
- 1 generous handful fresh spinach leaves
- 1 small onion, peeled and very finely sliced into rings
- 6 fresh asparagus tips
- 1 ripe tomato, sliced
- 1 small red chilli, de-seeded and finely sliced (optional)
- 1 tablespoon fresh parsley or coriander leaves, chopped
- 2 teaspoons lemon juice
- 2 teaspoons good olive oil
- Sea salt and freshly ground black pepper

Method

Preheat the oven to 200C/400F/Gas Mark 6.

Lay out one piece of aluminium foil about 12-14" square and place the spinach on it.

Lay the fish fillet on the bed of spinach followed by the onion, asparagus, tomato, chilli (if using) and herbs.

Drizzle the lemon juice and olive oil over and season lightly with salt and pepper.

Fold the foil to create a parcel, leaving plenty of space around the contents, place on a baking sheet and bake for around 25 minutes or until the fish is cooked and the juices run clear.

Timing will depend on the thickness of the fish fillet so take a peek after 25 minutes. Be careful when opening the foil as hot steam will escape.

When cooked, lift the contents of the parcel onto a warmed plate and spoon over the delicious juices.