



BAKED FISH PARCELS

Ingredients

- 1 Fresh flake fillet per person
- 1 Tsp olive oil per fillet
- 2 Tbsp parsley, chopped
- ½ Lemon per fillet
- Salt and pepper to taste

Pantry

- 1 A4 sized sheet of tin foil per fillet

Method

1. Wash and dry hands.
2. Preheat Oven to 180°C.
3. Place tin foil sheet onto a baking tray, lightly spray with olive oil.
4. Lay the fish fillet on the foil and add sliced lemons and parsley on top of fish.
5. Season lightly with salt and pepper.
6. Make an envelope parcel - as demonstrated by Anthony.
7. Cook parcels in oven for 15 minutes.
8. Remove from oven, and serve on top of roasted vegetables and quinoa.

Recipe is per serve.

A recipe from our Garden to Plate program. To learn more, please visit www.sgae.vic.edu.au

