

Calabrese Fish Parcels

Ingredients

Serves 6

- 4 white fish fillets
- 1 zucchini, thickly sliced
- 1 capsicum, sliced
- 8 baby carrots,
- 100 g snow peas, trimmed
- 1 garlic clove, crushed
- 1 tablespoon olive oil
- 1 lemon, sliced
- 1/2 onion, thinly sliced
- Salt and Pepper, to season
- Chives, chopped, to serve



Method

Preheat oven to 220°C. Cut four 40cm lengths of foil.

In a bowl toss zucchini, carrot, capsicum, snow peas and garlic together with 1 tablespoon olive oil. Season with salt and pepper. Divide vegetable mix among the 4 sheets of foil, placing veggies in centre of the foil. Place 1 fish fillet on top of vegetables, season with salt and pepper. Top with onions and lemon slices.

Fold foil edges upward to seal and form parcels. Place on a baking tray. Bake for 15 to 20 minutes or until fish is just cooked through.

Carefully open foil parcels. Sprinkle with chopped chives and serve warm.