



Fish – en – papilotte

(Fish in Paper)

Ingredients

piece of white fish
olive oil spray
garlic powder
dried dill
salt and pepper
smoked paprika
slices of lemon
baking paper

Instructions

- Preheat oven to 180 degrees
- take a piece of baking paper enough to fold over and wrap the fish.
- spray a coat of olive oil and place the fish skin side down on the middle of the piece of paper
- spray fish generously with olive oil and sprinkle with salt, pepper, garlic powder, smoked paprika, dried dill or whatever herbs and spices you choose.
- lay two slices of lemon on top.
- fold over the edges and tuck in the ends to create a sealed parcel for the fish. Its important to keep it sealed so that the steam cooks the fish.
- place on a baking tray and in the oven for 18 minutes.
- when done carefully open the packaging, steam can burn you
- serve with Basmati rice or sweet potato and salad or roasted vegetables.

This is such a quick, easy and healthy way to cook fish