

# CRUNCH TIME

## Fish En Papillote



**Serve Information: 1 Plate With 2 Fish En Papillote**

### INGREDIENTS:

2 Fillets of firm, skinned and boned white fish (flat head, snapper or perch)  
1 Sprig dill  
1 Lemon  
2 Tsp capers  
Salt  
Pepper  
1 Tbsp olive oil  
2 x "Prepared earlier" Fish En Papillote fish fillets in paper parcel

### EQUIPMENT:

2 x 25cm pieces baking paper  
4 Chopping boards  
Serrated knife  
Citrus juicer  
Baking tray  
Oven mitts  
Serving plate

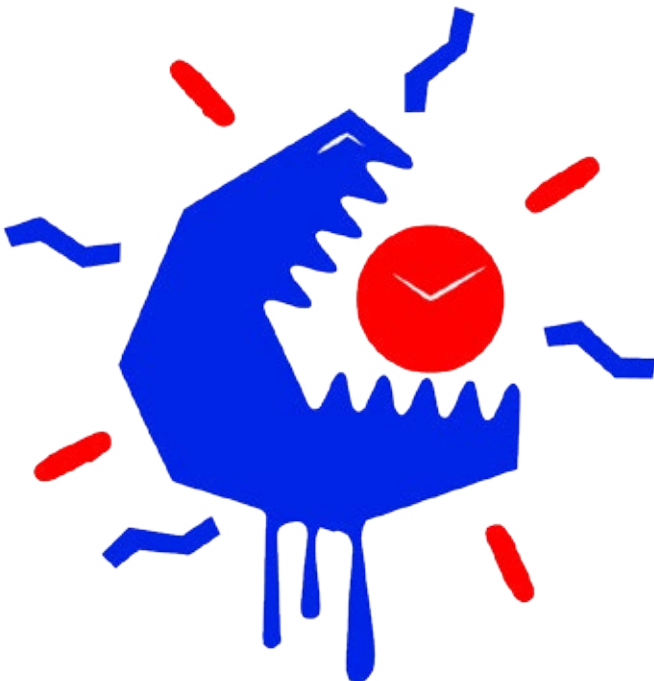


## METHOD:

1. Using firm fillets of white fish, skinned and boned, like flat head, snapper or perch
2. Place the fish fillets on one half of each paper
3. Slice the lemon in half and make thin slices from half a lemon
4. Squeeze the juice of the other lemon half
5. Place the dill leaves and lemon slices on top of the fish and the capers next
6. Pour over the lemon juice and season with salt and pepper
7. Fold paper over to enclose filling. Fold in edge to seal
8. Place on a baking tray and bake in preheated oven at 200°C for 12 minutes or until fish is cooked through
9. Take the "prepared earlier" Fish En Papillote out of the oven
10. Place on a serving plate and open up paper to reveal the cooked fish

## ADDITIONAL NOTES:

2 x "prepared earlier" Fish En Papillote fish fillets in paper parcel



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