Ginger & Spring Onion Fish Parcels

Steamed in their own paper parcels, so the fish stays impossibly delicate and the ginger perfumes everything.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 4 white fish fillets (about 150g each)
- 4 cm piece fresh root ginger (cut into fine matchsticks)
- 6 spring onions (shredded lengthways)
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 200 g mangetout
- 1 lime (cut into wedges, to serve)

Method

1. Heat the oven to 200°C (fan 180°C). Cut four large squares of baking paper.
2. Sit a fish fillet in the centre of each square with a handful of mangetout.
3. Scatter over the ginger and spring onion, then drizzle with soy sauce and sesame oil.
4. Fold and scrunch the paper into sealed parcels and place on a baking tray.
5. Bake for 15 minutes, until the fish is opaque and flakes easily. Open carefully at the table and serve with lime wedges.

Tips & swaps

- Any firm white fish works — cod, haddock or basa are all good choices.
- Serve with steamed rice to catch the fragrant juices from the parcel.

Storage & reheating

Best eaten immediately from the parcel.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**30g**	**6g**	**7g**	**3g**

Estimated values, for guidance only. Contains: Fish, Soya.