THE LIGHTER PLATE METHOD

Hake & Fennel Parcels

Steamed in foil with fennel and cherry tomatoes, so the fish stays moist with almost no effort.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**2**	**EASY**

Ingredients

- 200 g hake fillet
- 100 g fennel bulb (thinly sliced)
- 2 tsp fresh thyme
- 1 tsp fresh dill
- 1 tbsp olive oil
- 1 tsp black pepper
- 1 tsp sea salt
- 15 cherry tomatoes

Method

1. Heat the oven to 180°C (fan 160°C). Season the fish with salt and pepper.
2. Cut a large piece of foil and lay a bed of sliced fennel in the centre.
3. Place the hake on top with the cherry tomatoes alongside. Scatter with thyme and dill and drizzle with half the oil.
4. Fold and seal the foil into a parcel.
5. Bake for 20–25 minutes, depending on the thickness of the fillet.
6. Rest for a few minutes before opening, then finish with the remaining oil, and more salt and pepper if needed.

Tips & swaps

- Any firm white fish works well in place of hake.

Storage & reheating

Best eaten fresh from the parcel.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**24g**	**6g**	**10g**	**3g**

Estimated values, for guidance only. Contains: Fish.