

Baked fish with pea puree

Preparation Time: 10 min Cooking Time: 15 min

4 small serves/ 2 large serves



Ingredients

1 teaspoon olive oil

1 teaspoon butter

1 teaspoon finely grated lemon rind

½ fresh lemon (juiced)

300g white fish fillets

1 spring onion (coarsely chopped)

2 teaspoons chopped dill

Pea puree:

1/2 cup hot chicken stock

250g frozen baby peas

1 spring onion (coarsely chopped)

1 teaspoon of butter

Directions

1. Preheat oven to 180 degree Celsius.
2. Cut 2 pieces of baking paper large enough to wrap each fish fillet.
3. Place fish, olive oil, butter, lemon juice, lemon rind, one spring onion and dill onto one piece of baking paper. Season with salt and pepper. Repeat for the second fish fillet.
4. Bring the sides of the baking paper up and fold twice to seal. Fold in the ends and tuck under the parcels to seal in the juices.
5. Bake fish parcels for 10-15 minutes.
6. To make the pea puree, bring the stock, peas and one spring onion to the boil in a medium saucepan. Cook for 5 minutes. Drain, reserving the stock. Return the peas to the pan. Add the butter, use a stick blender to process, adding a little of the reserved stock if required.
7. Divide the pea puree among serving plates. Top with the fish and drizzle over the juices.

Nutrition Information		
	Per small serve	Per large serve
Energy (kJ)	614	1228
Fat (g)	4.5	9
- saturated (g)	1.8	3.6
Protein (g)	19	38
Carbohydrate (g)	5.5	11