



Cod Fish Parcels

Serves 2

Prep time: 10 minutes

Cook time: 25 minutes

Ingredients

2 Cod fish fillets, skin on
Juice of 1/2 a lemon
2 Tablespoons olive oil
2 Garlic cloves, crushed
1 Small dried chilli, finely chopped
1 Spring onion, finely chopped
Salt
Pepper
Small bunch fresh chopped parsley
1/4 Red pepper, thinly sliced
1/4 Yellow pepper, thinly sliced
1/4 Green pepper, thinly sliced

Julia's Cuisine

By: Julia Pinney
Main Course/Fish & Seafood

Webpage:
<http://www.juliascuisine.com/>

Method

Preheat oven to 350 degrees F. Lay out two large pieces of aluminium foil. Enough to completely wrap up the fish.

In a small bowl, whisk together the lemon juice, olive oil, garlic, dried chilli, spring onion, salt, pepper and parsley. Stir well and set aside.

Place a piece of fish in the middle of each piece of aluminium foil. Top with peppers and drizzle over marinade.

Wrap up each piece of fish and place on a baking tray. Bake in oven for about 25 minutes or until fish is cooked and peppers are soft.

Serve immediately.