Baked Fish Parcels with Julienne of Vegetables

Serves 4   Prep 10 mins   Cooking 15 mins   Easy

Ingredients

150g onion or leeks, thinly sliced
1 large garlic clove, grated (optional)
1 heaped teaspoon grated fresh ginger (optional)
150g carrots coarsely grated
150g mangetout, thinly sliced
2 tbsp chopped tarragon
400g fillets of white fish (cod, bream, monkfish)
4 tbsp dry white wine (or stock)
1 tbsp sunflower oil

1. Place a large baking tray in the oven and preheat to 200°C/180°CFan/ gas mark 6.
2. Cook the onions or leeks in 1 tbsp of sunflower oil on medium-high heat for 2 mins. Stir frequently to prevent browning. Once softened, add the ginger & garlic (if using) and cook for a further minute. Remove from the heat and stir in the carrots, mangetout & tarragon. Season if liked and set aside.
3. Cut 4 large sheets of foil about 40cm square. Drizzle 1/2 tablespoon of oil three-quarters of the way up each piece of foil (so that when folded, this becomes the middle of the parcel). Divide the vegetables evenly between the foil squares. placing them on the oil. Top with a fillet of fish and season with salt and pepper. Pour 1 tablespoon vermouth (or white wine or stock) over each fillet and fold up the foil. Seal by carefully folding over both sides several times and pressing down well. Finally fold over the top several times so that the fish is completely sealed.
4. Place the fish parcels on the preheated baking tray, overlapping the ends of the parcel if necessary. Cook in the oven for 15-20 minutes, depending on the thickness of the fish. To check that the fish is cooked, carefully unfold one, taking care not to let the steam burn you.
5. Transfer the fish parcels to serving plates and let your guests open them up themselves. Bear in mind that they will carry on cooking if not opened immediately.
6. **Note:** don't use very thick pieces of fish as the bright colour of the vegetables will diminish if cooked for too long. Serve with potatoes with skin, lentils or borlotti beans to increase the fibre.

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