

# Mediterranean Fish Parcels



**Serves 2**

**Prep 20 mins**

**Cooking 40 mins**

**Easy**

## **Ingredients**

250g baby new potatoes, scrubbed

1 tsp olive oil

2x 175g firm white fish fillets, such as haddock

2 tsp sun-dried tomato paste or tomato puree

finely grated zest of 1 small lemon plus 2 tsp lemon juice

10 black or green olives

2 sprigs of fresh rosemary or thyme

1. Preheat the oven to 190C/ Fan 170C/ Gas 5. Boil the potatoes in lightly salted water for about 12 minutes or until tender, then drain well.
2. Take 2 large sheets of foil, about 30 cm square, and brush the middle area of each sheet with the olive oil. Put a fish fillet on top and spread with the tomato paste. Sprinkle with the lemon zest and juice, add the cooked potatoes and olives and season with ground pepper.
3. Lay a sprig of rosemary or thyme on top, then loosely wrap and secure each parcel tightly to completely enclose the ingredients. You can prepare these up to half a day in advance and keep them in the fridge.
4. Put the fish parcels on a baking sheet and bake for 20-25 mins, or until the fish flakes when tested with a fork. Serve at once, with steamed green beans.