

# Papillote de Cabillaud



**Serves 2    Prep 20 mins    Cooking 20 - 25 mins    Easy**

## **Ingredients**

2 pieces of cod, about 150g each  
1 small firm courgette  
1 carrot  
1/2 small stick celery  
1 orange  
2 tbsp olive oil  
salt & pepper

1. Preheat the oven to 210C/ Fan 190C/Gas7.
2. Peel, and wash the carrot and cut into very fine rounds. Wash the courgette and julienne it. Wash and thinly slice the stick of celery.
3. Cut a slice of orange zest from the orange, then juice that half of the orange that you have taken the zest from. Blanch the zest in boiling water for 3 minutes, then julienne it into thin slices. Cut the other half of the orange into thin slices.
4. Put 2 large pieces of baking paper one on top of the other. In the centre, make a bed of a mixture of carrot and courgette slices, season and add 1 teaspoon of orange juice and some of the orange zest.
5. Put a piece of cod on top, Add some orange slices, a bit of orange juice, a tbsp of olive oil and tightly seal the parcel. Proceed in the same way for the other parcel and keep both in the fridge until you are ready to cook them.
6. Put in the oven for about 15-20 minutes, depending on the size of the fish. Check the flesh is opaque before serving.