Lemon Caper Papillote Fish with Veggies

Serves 4

1 lb. (450g) green beans
1.5 lbs. (680g) white fish filets (e.g., cod, haddock or hake)
salt & pepper
1 tsp. garlic powder
4 tsp. unsalted butter
4 tbsp. capers
1 cup (25g) fresh parsley, chopped
2 lemons, sliced

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Prepare four large pieces of parchment paper that are each large enough to fold over the fish filet, with a couple of inches extra for a border.
3. To assemble the papillote (paper parcel), place a quarter of the green beans in a single layer on the lower half of the parchment paper. Then place a fish filet on top of the green beans and season with salt, pepper and garlic powder. Top each filet with 1 teaspoon of butter, 1 tablespoon of capers, a quarter cup of parsley and 3-4 lemon slices.
4. Fold the parchment paper over the fish and fold down the edges, sealing it well to form a parcel. Place the parcel onto a baking sheet. Now repeat this process a further 3 times until all 4 parcels are made.
5. Place the baking sheet into the hot oven and bake for 15-18 minutes, until the fish is cooked through and flakes with a fork. Cooking time will vary depending upon the thickness of the fish filet.
6. Once baked, remove the tray from the oven and let it sit for a couple of minutes. Place a parcel onto a place and carefully open the parchment paper, allowing the steam to escape. Serve immediately.

GF | DF | LC | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	18 mins	212	5	10	21	4

*Nutrition per serving.

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