

Lemon & Thyme Fish Papillote with Lentils & Potato

We love cooking anything 'en papillote' (literally, in parchment). Wrapping up the fish fillet while it's cooking ensures the flavour doesn't escape - and that means more deliciousness for you. With lentils and baby spinach, a side dish bursting with fibre and protein, this supper will have you savouring every mouthful.



Prep: 10 mins Cook: 25 mins Total: 35 mins





high protein



Pantry Items









Oliva Oil



White Fish



Red Onion



Lemo



Garlic



Thyme



Potat



Lentils



Baby Spinach

2P	4P	Ingredients	
2 fillets	4 fillets	white fish	
1	2	lemon, cut into 5 mm thick slices	
1 bunch	2 bunches	thyme	
400 g	800 g	potatoes, peeled & cut into 2 cm pieces	
2 tbs	4 tbs	milk *	
1 tbs	2 tbs	butter *	
1 tin	2 tins	lentils, drained & rinsed	
2 tsp	1 tbs	olive oil *	
1/2	1	red onion, finely chopped	#
1 clove	2 cloves	garlic, peeled & crushed	
½ bag	1 bag	baby spinach, washed	#

#	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

Nuti ition per serve				
Energy	2010	Kj		
Protein	45	g		
Fat, total	13.1	g		
-saturated	5.5	g		
Carbohydrate	39.8	g		
-sugars	4.9	g		
Sodium	206	mg		

Disclaimer: Potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.

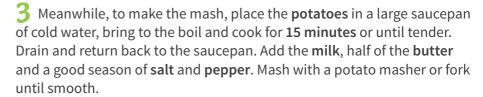


You will need: chef's knife, chopping board, garlic crusher, peeler, potato masher, baking paper, oven tray, aluminium foil, medium bowl, sieve, and a large saucepan.





- 2 To prepare your papillotes, rip equal sized sheets of foil and baking paper for each serving of **fish** and place together. Distribute the fish, **lemon slices** and half of the **thyme** equally onto the baking paper side and wrap to enclose, the foil should be on the outside and will help generate heat and cook the fish in the oven. Place the parcels onto an oven tray and cook in the oven for 20-25 minutes, or until the fish is cooked through.





4 While the potatoes are boiling prepare the lentils. Heat the olive oil and the remaining butter in a medium frying pan over a medium-high heat. Add the red onion and garlic and cook, stirring, for 3 minutes or until the onion is soft. Add the lentils, garlic, baby spinach and remaining thyme and cook, stirring, for 2-3 minutes or until the lentils are heated through and the baby spinach is wilted. Season to taste with salt and pepper.



5 To serve, divide mash potatoes and lentils between plates and top with lemon scented fish.

Did you know? Thyme was once used to protect against nightmares. People would place thyme under their pillow to encourage pleasant dreams.