

## Fruit and Vegetable Parcels

Here are some ideas for packet and parcel cooking with fruit and vegetables – ideal if you are getting ready to feed a hungry crowd. They can be assembled up to a couple of hours in advance and cooked as needed in the oven.



Sulphites\*

Nutritional information per portion (147g):

Energy 351kJ 83kcal 4%	Fat 2.3g 3%	Saturates 0.3g 2%	Sugars 12g 14%	Salt 0.08g 1%
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of an adult's reference intake.  
Typical values per 100g: energy 239kJ/56kcal.

### Equipment

Weighing scales  
Vegetable peeler  
Sharp knife  
Chopping board  
Foil or baking parchment  
5ml spoon  
Grater  
Juice squeezer  
Spatula  
Baking sheet  
Oven gloves

### Ingredients

#### Serves 4

#### Vegetable

##### Rosemary Potato Packets

4 x 5ml spoons olive oil, 400g very thinly sliced potatoes, 4 sprigs rosemary, black pepper (optional).

##### Vegetable Medley

4 x 5ml spoons olive oil, 8 baby sweetcorn, 8 spring onions, 2 medium courgettes, 1 bulb fennel.

##### Get Your Greens

4 x 5ml spoons olive oil, 200g leeks, 400g broccoli, 400g Savoy cabbage.

#### Fruit

##### Papillote Peaches

4 ripe peaches or nectarines, zest of 1 orange, 4 x 5ml spoons orange juice.

##### Brambled Pears

4 pears, 150g blackberries, 4 x 5ml spoons Demerara sugar (optional).

##### Banana Bonanza

4 bananas, 4 x 5ml spoons Demerara sugar (optional).

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Top Tips

- Add a pinch of dried mixed herbs or 1 x 5ml spoon of chopped fresh herbs (parsley, chives or mint) to each vegetable parcel.
- Take care when opening the parcels as steam will have built up inside.

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### Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Cut out 4 squares of foil or baking parchment, approximately 25cm square.

#### To make the Vegetable Parcels

3. Place 1 x 5ml spoon of olive oil in the middle of each square of foil or baking parchment. Using the tips of your fingers, spread it around the foil to make a greased area.
4. Wash the vegetables and cut into bite-sized pieces. Share equally between the 4 pieces of foil.
5. Add a sprig of rosemary and black pepper (if using) when making potato parcels.
6. Bring the edges of the foil or baking parchment together over the top of the vegetables and crunch them together to make a sealed parcel with enough room for the steam to circulate inside.
7. Place on a baking sheet in the oven and cook for 15–20 minutes (or until soft).

#### To make the Fruit Parcels

3. First wash your chosen fruit. Cut the strawberries in half and slice the peaches or nectarines, pears or bananas into thin slices (removing the stones or cores).
4. Divide the fruit between the sheets of foil or baking parchment and add any additional ingredients. Form into parcels in the same way as for vegetable parcels.
5. Place on a baking sheet in the oven and cook for 15–20 minutes (or until soft).

### Something to try next time

- Make different parcels with a variety of seasonal fruit and vegetables.

### Prepare now, eat later

- Most of the parcels, except for the potato version, can be prepared a few hours in advance and stored ready to cook in the fridge.
- To make the potato parcels in advance, blanch the sliced potatoes to prevent them from going brown. Cover the slices in cold water and bring to the boil. Simmer for 3 minutes and drain. Continue to make the parcels in the same way.
- Sprinkle the bananas and pears with a little lemon juice to prevent them from going brown.

#### Skills used include:

Weighing, washing, measuring, chopping, grating, squeezing and baking.