

# Lemony Fish and New Potato Parcels

Cooking fish in a parcel makes the flesh stays moist and the fish cooks in its own juices, giving it a fresh, clean taste. This meal is a speedy option for lunch or in the evening.



Fish\*

Nutritional information per portion (371g):

Energy	Fat	Saturates	Sugars	Salt
1142kJ 272kcal 14%	5.9g 8%	1.9g 9%	5.3g 6%	1.1g 19%

of an adult's reference intake.  
Typical values per 100g: energy 308kJ/73kcal.

## Equipment

Colander  
Medium saucepan and lid  
Pan stand  
Sharp knife  
Chopping board  
Plate  
Weighing scales  
Juice squeezer  
Measuring spoons  
Fork  
Small bowl  
Foil  
Baking tray  
Oven gloves

## Ingredients

### Serves 4

500g small new potatoes  
Small bunch spring onions (about 8)  
2 large tomatoes  
100g sugar snap peas  
OR frozen peas  
1 small bunch (10g) flat-leaf parsley  
1 lemon (juice only)  
1 x 15ml spoon olive oil  
4 fish fillets, about 150g each e.g. pollock, cod, coley OR haddock  
Black pepper (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

- Check the fish is cooked after 20 minutes by opening the foil – being careful of the steam. The fish should flake easily with a fork and should be opaque. Return it to the oven for longer if needed.
- Make sure you check carefully for bones in the fish, especially if serving to young children.

# Lemony Fish and New Potato Parcels

## Method

1. Preheat the oven to 190°C/170°C fan or gas mark 5.
2. Wash the potatoes in the colander.
3. Put the potatoes in the pan. Cover with cold water and put the lid on the pan.
4. Put the pan on the hob and bring to the boil. Turn the heat down and simmer for 15 minutes.
5. Wash the spring onions, tomatoes and parsley.
6. Top, tail and peel the spring onions and chop into thin pieces and put them on the plate.
7. Chop each tomato into 6 equal slices and cut the sugar snap peas into 3 pieces.
8. Finely chop the parsley.
9. Cut the lemon in half and squeeze out the juice.
10. Mix the oil and lemon juice together in a small bowl.
11. Drain the cooked potatoes in a colander and allow to cool for a few minutes.
12. Cut each potato in half if they are small or larger ones into 3 slices.
13. Tear 4 x 30cm squares of foil and lay them on a work surface. Divide the potato slices equally and place in the middle of each piece of foil.
14. Sprinkle the spring onions and sugar snap or frozen peas over the potatoes. Top with the fish fillets then arrange 3 tomato slices on each piece of fish. Sprinkle with chopped parsley and black pepper (if using). Pour 1 x 15ml spoon of the lemon juice and oil mixture onto each portion.
15. Pull the sides of each piece of foil up to create a parcel. Fold the foil down to seal each parcel, then transfer to the oven on a baking tray and bake for 20 minutes.
16. Remove from the oven and carefully open the foil parcels – they will release hot steam. Serve the fish with a fresh green salad or vegetables such as carrots or spring greens.

### Skills used include:

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

## Something to try next time

- Use salmon as a tasty alternative to white fish.
- Add a sliced red pepper, crushed garlic and pitted olives to give a Mediterranean flavour.
- If you have some pesto in the fridge, spread 1 x 5ml spoon over each piece of fish before topping with the tomatoes. Check for allergies as pesto contains nuts and cheese.
- Use herbs such as coriander and basil or a mixture of fresh herbs.

## Prepare now, eat later

- If you are pushed for time, the parcels can be made the evening before you need them and kept in the fridge. Add the tomatoes, oil and lemon just before cooking. Make sure the potatoes are cold before the fish is placed on top of them.