

Baked Fish Parcels

Fish steamed in baking paper with zucchini, tomato and lemon

DIFFICULTY Easy

COURSE Main

CUISINE Australian



PREP
15 min



COOK
20 min



TOTAL
35 min



SERVES
4



FREEZES WELL
No

01 Ingredients

- 4 firm white fish fillets (about 150g each), skin off
- 2 zucchini, cut into thin ribbons
- 200g cherry tomatoes, halved
- 1 lemon, thinly sliced
- 2 tbsp olive oil
- 2 garlic cloves, thinly sliced
- 2 tbsp chopped fresh dill, parsley or basil
- ½ tsp salt
- ¼ tsp ground pepper

02 Method

1. Preheat the oven to 200C. Cut four large squares of baking paper, about 35cm each.
2. Divide the zucchini ribbons and tomatoes among the squares, forming a bed in the centre of each.
3. Sit a fish fillet on each bed. Season, drizzle with the olive oil, and top with the garlic, herbs and 2-3 lemon slices.
4. Bring the long edges of the paper together, fold over several times, then twist or fold the ends to seal tightly into a parcel.
5. Place the parcels on a tray and bake for 15-18 minutes, until the fish is opaque and flakes easily.
6. Rest for 2 minutes, then open carefully, as the steam is hot. Serve in the parcels or tip onto plates with the juices.

04 Common mistakes

- **Overcooking the fish** — it dries out; check it at 15 minutes.
- **Poorly sealed parcels** — steam escapes and the fish bakes dry; fold the edges well.
- **Using thick, wet vegetables** — they do not cook through in 15 minutes; cut them thin.

03 Notes & substitutions

- Barramundi, snapper, flathead, whiting and basa all work well.
- Thicker fillets need an extra 3-5 minutes; thin fillets, a little less.
- Add a spoonful of white wine or a splash of soy sauce to each parcel.
- Add sliced potato or baby carrots under the fish to make it a full meal - parboil first.

05 Storage & leftovers

FRIDGE	Best eaten fresh; leftovers keep for 1 day.
FREEZER	Not recommended.
PREPARE AHEAD	Assemble the parcels up to 4 hours ahead and keep them refrigerated.