

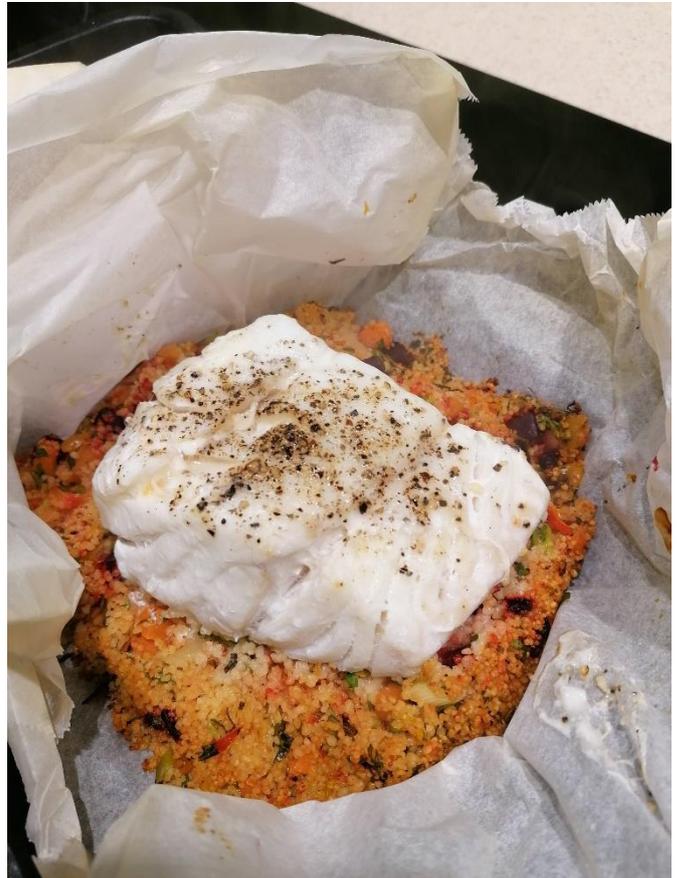


## Cod Fillet en Papillote

This is a great way to cook cod, the couscous mops up any delicious juices.

Serves 4

4 thick cod fillets, skinned. Mine were about 5cm thick  
1 yellow or red pepper  
1 stick celery  
1 carrot  
3 spring onions  
2 small beetroot  
1 small red chilli (optional)  
1 mug couscous  
1 mug boiling water  
1 tsp vegetable stock powder  
3 tbsp chopped herbs, I used parsley, tarragon & mint  
2 tbsp oil  
Juice of ½ lemon



1. Chop the pepper, celery and carrot into 5mm cubes, fry in a little oil to soften and brown.
2. Chop the beetroot into 5mm cubes, fry in a separate pan with a little oil to soften and brown.
3. Thinly slice the spring onions and chilli, mix with the chopped herbs.
4. When the carrots, celery & pepper are done, add the couscous, stock powder and boiling water. Stir well, remove from the heat and put a lid on the pan. Allow to sit for at least 10 mins.
5. Stir through the beetroot, chopped herbs, spring onion, chilli and lemon juice. Season with salt & pepper.
6. Divide the mixture between 4 large pieces of non-stick baking parchment. Put a piece of cod on the top and fold the edges of the paper up to make a loose parcel.
7. Pre-heat the oven to 200C/400F/Gas6.
8. Place the parcels on a baking sheet and bake for 20 mins, less if the fish fillets are thin.
9. Remove from the oven and serve each person with a parcel which they can then open themselves.

## Hints, Tips and Adaptations

*Dairy free, use quinoa instead of couscous to make this recipe gluten free*

*Use foil if making ahead (parchment will go soggy & tear)*

*Try different fish, salmon, haddock, whiting, monkfish, halibut etc would all work well.*

*If the fish fillet is thin, reduce the time in the oven, or fold or layer fillets to make them thicker.*