

Recipe of the Week 39

Baked Fish Parcels with Broccoli & Squash

This is a quick meal that is perfect for preparing after a late night training session. You can alter the choice of herbs, vegetables and seasoning to individual preferences. Broccoli is a great veggie to include regularly in your diet as it is a great source of vitamin C and other compounds which act as anti oxidants. Further boost the recipes potential to improve your recovery, general health and immunity by using oily fish such as salmon.

Serve with fluffy rice or couscous.



Ingredients

- 4 (~120 g) fillets of fish (cod, halibut, salmon, snapper, sea bass, etc.)
- 1 1/2 cups sliced summer squash
- 2 cups small broccoli florets
- 3 cloves garlic, finely chopped
- 4 tablespoons olive oil
- Salt and pepper to taste
- 4 sprigs fresh herbs, such as oregano, thyme, rosemary or basil
- 1 small shallot, finely chopped
- Juice of 1 lemon

Serves: 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Each serving contains

Energy – 380 kcal

Carbohydrates – 28 g

Protein – 14 g

Fat – 24 g (Saturated 4.5g)

Method

1. Preheat oven to 200°C. Cut parchment paper or foil into four 12-inch squares and arrange them on a work surface. Fold each piece in half to form a crease down the middle.
2. Divide squash between the squares, arranging it just to the right of each crease. Top squash with broccoli and garlic, then drizzle with olive oil and sprinkle with salt and pepper. Arrange one fillet on top of each pile of vegetables, then season fillets with salt and pepper. Top each fillet with an herb sprig and some of the chopped shallots.
3. Drizzle lemon juice over fillets, and then wrap up each square of paper or foil to form a sealed pouch. Transfer pouches to a baking sheet and bake until the fish is cooked through, about 20 minutes. Set aside to let cool for 3 to 4 minutes, and then cut pouches open and serve immediately.

Adapted from: <http://www.wholefoodsmarket.com/recipes/1634>

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