

Paper Bag Halibut

Ingredients

- 2 x Halibut Pieces
- 1 Carrot potato peeled
- ½ Courgette potato peeled
- ½ red onion
- ½ tsp Chilli flakes
- 5 baby Tomatoes halved
- Handful of Coriander roughly chopped
- 1 stalk Lemongrass chopped
- A thumb of Ginger grated
- 20g sugar snap peas roughly chopped
- 3 tsp Soy Sauce
- ½ lemon juice and slices
- Drizzle of Sesame Oil



Method:

1. Preheat the oven to 180C fan
2. WRAP all the ingredients together in a large sheet of grease proof baking paper with the fish on top and lie over slices of lemon
3. CRIMP the sides tightly and dress with oil
4. BAKE in the oven at 180C for 20 minutes
5. Serve with a simple salad or brown rice