

Fish & Couscous Parcels

Ingredients



- 200g couscous
- 6 spring onions, thinly sliced
 - 1 tbsp lemon juice
 - 1 tsp ground cumin
- 400ml boiling water
- 2 tbsp parsley, roughly chopped
- 2 tbsp coriander leaves, roughly chopped
- 250g cherry tomatoes, halved
 - Salt and pepper, to taste
- Oil, for brushing and drizzling
 - 4 frozen white fish fillets
 - 300g frozen mixed veg

Method

1. Preheat the oven to 200°C / fan 180°C / gas mark 6.
2. Place the couscous, spring onion, lemon juice and cumin in a large, heatproof bowl. Pour the water over the couscous, cover tightly with cling film and set aside for 5 minutes.
3. Stir in the parsley, coriander, and cherry tomatoes, and toss to fluff up the couscous. Season well with salt and pepper.
4. Tear off four sheets of foil or baking paper, each around 45cm in length. Brush the centre of each with a little olive oil and place one quarter of the couscous in the centre of each sheet.
5. Top with a fish fillet. Drizzle with a little oil and add a slice of lemon on the fillet. Season the fish well with salt and pepper.
6. Bring the edges of the foil or paper over to enclose the fish, and seal well by folding the edges over. Make sure you leave some air space in the parcels – they should be sealed securely but not wrapped tightly.
7. Place the fish parcels on a large baking sheet and bake in the oven for about 15 minutes (the parcels should have puffed up a little).
8. Serve with mixed veg, cooked as per the pack instructions.