

Oven baked Mackerel, fennel, lemon, sun blushed tomatoes, dill and black olives



Method

1. Preheat your to 200°C.
2. Thinly slice the fennel, this is best done on a mandolin.
3. Half or quarter your olives, slice the sun blushed tomatoes into strips.
4. Zest your lemon.
5. Using a 30cm round plate cut two circles from your paper, lay four circles onto the work surface and on the centre of each divide the fennel, olives, sun blushed tomato and the lemon zest.
6. Add a little butter on top, next season your fillets of fish on the flesh side then place two fillets of mackerel onto each bundle.
7. Top with the remaining circles of paper, and crimp the edge by folding and tucking the edges over. Crimp about 80% of the way around and leave a hole.
8. In that whole pour in the white wine, the white wine is going to create steam that is going to cook the fish. Close up the rest of the paper.
9. Next pop two large trays into the oven to pre heat, once hot add the parcels of fish and bake for about 15 minutes, the paper should puff up, this method of cooking helps retain flavours and moisture.
10. To serve simply cut open the bag.

Code	Qty	Units	Description
F32778	8	fillets	Mackerel, pin boned
C12020	1	bulb	Fennel
A118090	25	ml	Rapeseed oil
C114218	1	zested	Lemon
C124991	80	g	Sun blushed tomato
C114212	2	Fine dice	Red chillies
A36036	80	g	Black olives
C74826	25	g	Butter unsalted
A130848	125	ml	White Wine
			Salt and Pepper
A14780	4	Large	Parchment sheets or silicone paper



Here's to good

health