

Baked cod parcels

Ingredients

- 1 cup cherry tomatoes, halved
- 2 cups asparagus, woody ends trimmed
- 2 large carrots, peeled and thinly sliced on the bias
- 1 large courgette, thinly sliced on the bias
- 4 skinless cod fillets, ~175 g each, pin-boned
- 4 tbsp extra-virgin olive oil
- 1 tsp dried thyme
- Freshly ground black pepper & salt

Method

- Preheat the oven to 180°C (160° fan)
- Cut four large squares of parchment paper. Divide the vegetables between the parchment squares, placing them in the centre.
- Sit the cod fillets on top and drizzle each with 1 tbsp olive oil. Season with salt and pepper, and scatter the dried thyme on top.
- Bring the paper up and around the vegetables and cod, sealing them at the top by tying with kitchen string or by twisting the ends of the parchment in opposite directions. Arrange the parcels on a large baking tray.



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