

BARBEQUED FISH PARCELS

INGREDIENTS

- 700g kipfler potatoes, scrubbed
- 4 x 200g blue eye or hapuku fillets, skin removed
- 250g cherry tomatoes, halved
- 1/2 cup kalamata olives, pitted
- 1/2 cup basil leaves, chopped
- Olive oil cooking spray
- 150g packet mixed salad greens
- Lemon wedges, to serve

METHOD

1. Pierce each potato with fork and place on a microwave-safe plate. Microwave uncovered, on high for 8 to 10 minutes or until just cooked through. Allow to cool slightly
2. Preheat a barbecue plate on high heat. Cut four 50cm pieces of foil. Arrange potato slices over 1 half of each piece of foil. Top each with 1 piece fish. Combine tomatoes, olives and basil in a bowl. Spoon over fish. Spray lightly with oil.
3. Fold foil over to enclose fish. Fold up edges to seal. Place parcels, potato side down, on barbecue plate. Cook for 10 to 12 minutes or until fish is just cooked through.
4. Place salad greens on plates. Carefully open parcels. Spoon potato, fish, tomatoes and olives onto plates. Serve with lemon wedges.

Serves 4

	Per Serving	Per 100g
Energy	1451kJ	286kJ
Protein	39g	8g
Fat – Total	6g	1g
- Saturated	1g	-
Carbohydrate - Total	29g	6g
- Sugars	7g	1g
Sodium	267mg	53mg

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