

Prego

PAPILLOTE SEABASS

Tomato, Fennel, Potato, Olive, White Wine

(Serves 2) EASY★★☆☆ TIME:40mins



INGREDIENTS

Seabass Fillets, skin off	2 pcs
Tomato Sauce Premix	200gm
White Wine	100ml
Lemon, sliced	1 pcs
Fennel Wedges, precooked	60gm
Potato, precooked	200gm
Black Olives	80gm
Thyme	2 sprigs
Olive Oil	2 tbsp
Salt, to taste	
Pepper, to taste	
Parchment Paper, pre-folded	

METHOD

1. Preheat oven to 180°C.
2. Rub seabass with oil, salt and pepper. Place lemon slice and thyme on top.
3. Lay out parchment paper onto rimmed baking tray. Place potato, fennel and tomato sauce on the base followed by fish on top. Sprinkle over with black olives.
4. Fold parchment paper over fish. Add white wine before sealing the top with paper clip.
5. Bake until parchment paper puffs up, for around 10 -12 minutes.
6. Transfer to a plate, carefully open packet and serve.


*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

