

## FISH (COD) BAKED WITH VEGS IN PARCHMENT

Prep + cook time: 30min Serves: 4

### Ingredients

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

1. Preheat the oven to 180°C (160° fan) | 350F | gas 4.
2. Cut four large squares of parchment paper. Divide the vegetables between the parchment squares, placing them in the centre.
3. 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.
4. 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.
5. Bake until the fish is firm to the touch and opaque in appearance, about 15 minutes.
- .6 Remove from the oven and carefully open the parcels to let the steam escape before serving.

