

Plaice and pepper parcels

Ingredients

- 2 spring onions
- ½ red pepper, deseeded
- ½ orange pepper, deseeded
- 3-4 basil leaves
- 2 plaice fillets, halved (4 pieces)



Equipment

Kitchen scissors, mixing bowl, chopping board, mixing spoon, 4 pieces of baking foil (each piece large enough to wrap a portion of fish), baking tray, oven gloves, cocktail stick.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Snip the spring onions into the mixing bowl.
3. Snip the peppers into sticks and then into small pieces using the scissors.
4. Add the peppers to the bowl.
5. Tear the basil into the bowl.
6. Mix the ingredients together.
7. Put each portion of fish in the centre of each piece of foil.
8. Spoon the pepper mixture evenly over the four pieces of fish.
9. Draw the foil over each piece of fish and scrunch it together so the fish is sealed inside.
10. Put each parcel on the baking tray.
11. Bake in the oven for 20-25 minutes. (Adult)
12. Remove from the oven and pierce the foil to allow the steam to escape. (Adult).
13. Allow to cool for 5 minutes.
14. Serve the fish in the foil parcels.

Serves:

4 children.

Suggestions:

Add a few twists of black pepper to the plaice and vegetables before you close the parcel for cooking.
Serve with a vegetable, pasta salad.