Sea bass en papillote

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	12 Mins
מנות	4
התקן	Combair SEP from 2015

Preparation

2 tomatoes

1 sweet pepper, green, long

1 onion, red

1 lemon

4 sea bass fillets, each about 130 g

4 bay leaves

¼ bunch of Parsley

4 tbsp butter

Salt

Pepper

Blanch, peel and slice the tomatoes. Cut the sweet pepper into fine strips. Peel, halve and slice the onion. Wash the lemon and use a lemon zester to remove thin strips of zest from the lemon. Coarsely chop the parsley. Mix all the vegetables (apart from the tomato) together, add the the lemon zest and parsley and season with salt and pepper.

(Pre-)heat cooking space to 200 °C with Hot air

Spread out four large sheets of baking paper. Spread a few slices of tomato the size of the sea bass on one half of the sheet of baking paper and put a layer of vegetables and a bay leaf on top. Place a fillet of sea bass atop each bed of vegetables.

Season the sea bass fillets with salt and pepper. Finally, place a knob of butter on the fish.

Fold the top half of the baking paper over the bottom half and seal the edges together.

Place the sea bass parcels on the baking tray and put this into the preheated cooking space. Cook.

Put the food in

Hot air 200 °C for 12 Mins

עצות

The tomatoes can be peeled using the blanching tomatoes function in EasyCook, if available.

אביזרים

Baking tray

מידע נוסף

הופק ביום	11.12.2019