

Fish en Papillote

Servings 2 | Prep Time 10 mins | Total Time 20 mins

INGREDIENTS

300-400g Trumpeter fish fillet
(skinned & deboned)

30g Butter

20g Red Onion (thinly sliced)

1 tsp Garlic (chopped)

2 sprigs fresh Thyme

Salt & Pepper

For Assembly

Foil

METHOD

- 1.) Heat BBQ
- 2.) Prepare a large piece of foil – it needs to be large enough to fold over your fish
- 3.) Lay foil flat on your prep area
- 4.) Place knob of butter in the middle of your Foil, followed by onions and garlic and then place fish fillet on top. Finish with the chopped thyme, rest of the butter and salt and pepper.
- 5.) Fold over both sides of foil to meet in the middle and then fold and pinch along edges to seal.
- 6.) Place on heated BBQ and cook without turning for 7-10 mins depending on thickness of fish fillet

SHOPPING LIST

Trumpeter

Butter

Red Onion

Garlic

Thyme

Salt

Pepper

Foil

