

Baked cod with peppers & chorizo



By Steven Devlin

Ingredients

- 4 fillets of cod
- 4 red peppers roasted & sliced
- 4 bulbs of baby pak choi
- 2 Spanish chorizo sausages, skin off & sliced
- Lemon juice
- 8 squares of aluminium foil
- Butter
- Glass of white wine
- Olive oil
- Crème fraiche 4 tbsp
- Lime zest
- 1 spring onion, finely chopped



Prep Time: 10 mins
Cooking Time: 20 mins
Serves: 4

Method

1. Pre-heat the oven to 180°C.
2. Arrange the 4 squares of foil on your worktop.
3. Liberally butter them all.
4. Take the stem of the pak choi and pull apart dividing the bulbs between 4 sheets of foil.
5. Season the fish and rest it on top of leaves. Arrange the roasted peppers and chorizo on top of the fish so that the juices and oils go into the fish while cooking.
6. Sprinkle some wine, lemon juice and olive oil over the top now and arrange another 4 buttered squares on top to make the lid of your parcel. Fold and crimp the edges together with your hands to seal everything in.
7. Put on a tray and bake in the oven for 20 minutes
8. Take out and let the fish rest for a couple of minutes then open them up, put a dollop of crème fraiche mixed with the lime zest and spring onion on top.
9. Serve either in the foil parcel or transfer to a plate.