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SERVES/MAKES



COOKING TIME:
< 30 min



COOKING STYLE:
Oven

LANCEWOOD® EASY FISH PARCELS

INGREDIENTS:

- 50 g baby carrots
- 30 g baby marrow, sliced
- 1 pickled onion, chopped
- 100 g smoked snoek, butterflied
- 50 g **LANCEWOOD® Creamed Smooth Cottage Cheese**
- Salt & freshly ground black pepper to taste
- 5 ml crushed garlic
- 5 ml fresh thyme, chopped
- 2 – 3 lemon slices
- 15 ml pickled onion juice

METHOD:

Preheat the oven to 180°C. Place the baby carrots, baby marrow and pickled onion on a piece of baking paper. Open the butterflied snoek and spread with cottage cheese. Sprinkle with salt and pepper, garlic and thyme. Close the snoek and top with the lemon slices and pickled onion juice. Fold the baking paper closed to wrap up the fish and seal it tightly. Bake for 25 – 30 minutes. Unwrap the parcel and enjoy!

PRODUCTS USED:



Creamed Smooth Cottage
Cheese

ENJOY!