Dinner

Baked Fish Parcel with Butter Beans

A chunky white fish fillet steams in foil with tender leeks, butter beans and a creamy crème fraîche sauce, finished with parsley and black pepper. It makes a simple, satisfying one-person supper.



Low fat | Low sugar

25 min	280	19.4 g	3.5 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 1 piece chunky white fish fillet, skinned (approx. 125g)
- [ ] 1 small leek, finely sliced
- [ ] 1 x 215g can butter beans, drained and rinsed
- [ ] sprig parsley, chopped
- [ ] 1 tbsp reduced-fat crème fraîche mixed with 1 tbsp stock
- [ ] freshly ground black pepper

Method

- [ ] **1** Heat the oven to 200°C/gas mark 6.
- [ ] **2** Tear off a large square of foil, roughly 25cm x 25cm.
- [ ] **3** Sit the white fish fillet in the centre of the foil and scatter the finely sliced leek, drained and rinsed butter beans and chopped parsley around it.
- [ ] **4** Spoon the crème fraîche and stock mixture over the top, add a good grinding of black pepper, then bring the foil up and fold the edges together to seal a parcel.
- [ ] **5** Set the parcel on a baking sheet and cook for 15 minutes, until the fish turns opaque and flakes easily with a fork.
- [ ] **6** Open the foil parcel carefully, transfer the fish, leeks and beans to a serving plate and enjoy straight away.

Nutrition Facts

Per serving

Calories	**280**
Total fat	4.8 g
Saturated fat	2.1 g
Sodium	Not listed
Total carbs	19.4 g
Fiber	10.6 g
Total sugars	3.5 g
Protein	35.9 g

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