

BBQ FISH PARCELS WITH LEEK, HERBS & OLIVES

Serves 4

INGREDIENTS:

4 fish fillets approx 500g each
1 leek
2 tbsp extra virgin olive oil
6 kalamata olives, seeded & chopped
2 heaped tbsp fresh shredded basil
1½ tbsp fresh chopped flat leaf parsley
2 tsp finely grated lemon rind
Flaked salt & cracked pepper

DIRECTIONS:

Cut leek in half lengthways, rinse and dry. Thinly slice 1 cup of mainly the white flesh with some of the green.

Heat 1 tbsp of oil in a pan & sauté leek until lightly brown.

Place cooked leek, olives, basil, parsley and lemon rind into a bowl & season with salt & pepper.

Lay out 4 portions of foil (big enough to wrap your fillets in) & line each with baking paper. Place a fillet of fish in the middle of each. Spoon even amounts of the leek and olive mixture over each fillet.

Fold in the edges of the baking paper to seal the fish as a parcel then wrap each in foil.

Preheat the solid BBQ plate to medium-high & cook parcels for 3-4 minutes on each side.

Remove from heat & allow to stand for 2 minutes before removing foil. Place each paper parcel onto individual plates, open & drizzle with remaining oil before serving with a fresh green salad and crusty bread.

PREPARATION TIME:

15 minutes

COOKING TIME:

10 minutes