

## Baked Fish with Lemon Parsley and Garlic

### Ingredients

- 1 fillet of fish
- 1/2 lemon
- 4 asparagus spears
- Handful baby spinach
- 1 potato
- 2 cloves garlic
- 1 sprig parsley
- 20ml white wine
- 1/2 teaspoon paprika
- 10ml olive oil

### Method

1. Preheat the oven to 180°.
2. Cut the potato into wedges and place them in an oven safe dish. Drizzle on the olive oil, sprinkle on paprika and mix.
3. Place the potatoes into the oven for 20 minutes.
4. Place the fish on a piece of foil.
5. Crush the garlic and grate half the lemon rind. Chop the parsley. Place these ingredients on top of the fish.
6. Create a parcel shape out of the tinfoil so that the edges come up and pour the wine on the fish. You can use lemon juice instead of wine.
7. Wrap the edges of the foil up tightly as this will help the fish steam itself.
8. When the wedges have been in the oven for 10 minutes, place the fish in the oven. Cook the fish for 10 minutes or until cooked all the way through.

9. Put the asparagus and spinach in a microwave safe bowl with a small amount of water. Microwave for 30 seconds or until just cooked.
10. Serve the fish with wedges, vegetables, and a wedge of lemon.

