

## Barramundi Fish Parcels

**Serves 4**

**Preparation time:** 15 minutes

**Cooking time:** 10 minutes

4 large Desiree potatoes  
extra virgin olive oil  
salt and freshly ground black pepper, to taste  
1 tomato, diced  
2 spring onions, chopped  
¼ cup pitted olives, chopped  
¼ cup basil leaves, torn  
¼ cup roasted red capsicums, chopped  
1 tablespoon extra virgin olive oil  
4 pieces Barramundi or Blue Eye fish fillets

Cut potatoes into 5mm thick slices and lay in an ovenproof dish. Drizzle with olive oil, salt and pepper. Bake at 200°C for 20 minutes until almost cooked. Combine tomato, spring onions, olives, basil, capsicums and 1 tablespoon olive oil together and season to taste. Place each piece of fish in the centre of a piece of baking paper or foil and top with tomato mixture. Wrap tightly to enclose and, if using baking paper, tie with string. Position parcels on top of potatoes and bake 10 minutes until just cooked. Place partially opened fish parcels on each plate and serve with potatoes and a crisp green salad.

Note: These parcels are also excellent cooked on the barbeque.