



# Catchy Fish Papillote

## Fish en papillote with Alpro Soy Cuisine

### Preparation

1. Start by slicing the green beans lengthwise into two, and blanch them al dente. Then, wash and peel all the other vegetables and cut them into julienne strips. Peel and chop the garlic and shallots. Sauté all the vegetables on a low heat for a few minutes in the olive oil until they're just cooked al dente. Season to taste with freshly ground pepper and salt.
2. Prepare four large squares of aluminum foil. Place one of the fish fillets in the center of each and season with salt, pepper and a few drops of lemon juice. Scatter a quarter of the steamed vegetables over each fillet and then top with a second layer of fish. Finish with a bay leaf, a few sprigs of rosemary and a slice of lemon.
3. Mix the Alpro Soya Single with the fish or vegetable stock, season with a pinch of salt and pepper and pour evenly over the 4 fish parcels. Close each papillote by folding over across the centre into a triangle and crimping the edges tightly together, making sure you leave some air around the fish and vegetables.
4. Place the foil parcels in the middle of the grill or barbeque and bake for 4 to 6 minutes depending on the thickness of the fillets. (You can also cook these in an oven at 180°.) Serve immediately with warm bread or a baked potato to soak up the delicious juices.



4 portions



35min



### Ingredients

- 60 g green beans
- 8 fish fillets (allow around 120g per person)  
e.g. red mullet, sea bass, salmon
- 2 carrots
- 1 large fennel bulb
- ½ lemon
- 2 shallots
- 2 cloves of garlic
- 4 bay leaves
- 4 sprigs of rosemary
- 100 ml fish or vegetable stock
- 125 ml Alpro Soya Single
- 2 tsp olive oil
- freshly ground black pepper
- pinch of salt

## Made with

Soya Single Chilled

