



Mexican Wrapped Fish

(Pescado empapelado)

4-6 serves

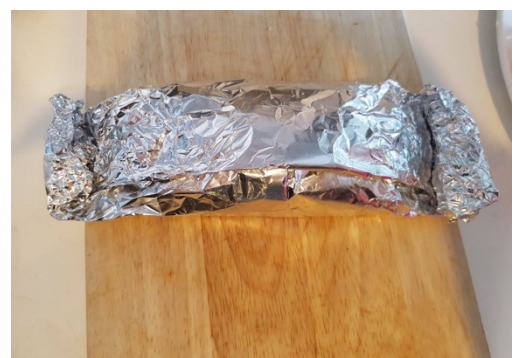
Ingredients

- 6 pieces of fish fillet
- 1 green bell pepper, sliced julienne without seeds
- ½ red onion, sliced julienne
- 2 tomatoes, sliced julienne
- 2 carrots, sliced julienne
- Capers
- Salt
- Pepper
- Olive oil



Instructions

- Preheat the oven at 150°C/300F
- Prepare one aluminium foil sheet per fillet (aprox. 30x30cm/1sqf)
- Grease the aluminium sheets with olive oil
- Put one fish fillet per sheet
- Add a portion of every veggie to each fillet
- Add salt and pepper
- Fold each aluminium sheet to seal contents. Make sure the content won't go out
- Put fish on a tray and put it into the oven for 15 minutes



Cook : Crystal Vasquez and Geo de León
Main, easy to prepare, gluten-free, dairy-free