



recipes, tips and stories about cooking

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EPISODE 24 - BAKED FISH IN FOIL WITH WHITE WINE, LEMON AND THYME

Ingredients per piece of fish:

- 1 tsp lime juice**
- 1 tsp white wine (dry)**
- 1 tsp olive oil**
- 1 tsp oyster sauce**
- ½ tsp curry powder**
- 1 garlic clove**
- 2 - 3 thyme sprigs**
- 2 tsp butter**
- 1 tbsp chopped spring onions**
- 3 large onion rings**
- 2 slices lemon**
- Salt & Pepper**

Method:

- Place onion rings and slices of lemon on a piece of foil**
- Place fish on top**
- Sprinkle with salt and pepper**
- Drizzle the juice, wine, olive oil and oyster sauce over the fish**
- Sprinkle the curry powder over the fish**
- Add bashed garlic, thyme, spring onions and bits of butter**
- Close the foil to form a package**
- Place in oven preheated to 200° C and bake for about 20 minutes**