Baked fish parcels with cannellini beans (serves 2)

Ingredients:
- 2 x 110g firm white fish fillets
- 1 x 400g can cannellini beans
- 2 tablespoons red wine vinegar
- 1 baby fennel bulb, thinly sliced (or ½ cup spinach)
- 8 cherry tomatoes, halved
- 1 tablespoon olive oil
- Chopped flat-leaf parsley and/or basil to taste

Method:
1. Preheat oven to 200 °C. Combine beans, tomato, fennel (or spinach), vinegar, oil and 1 tablespoon of water in a bowl.
2. Lay out 2 x 30cm sheets of baking paper. Place a fish fillet in the centre of each, top with some bean mixture and season with salt and pepper.
3. Bring sides of paper up to meet in the middle, fold several times and tuck under to form a parcel.
4. Place fish parcels in shallow baking dish and bake for 15 mins. Open parcels and slide fish onto plates with juices. Top with parsley or basil and any left-over fennel sprigs before serving.

Preparation time: 10 mins  
Cooking time: 15 mins 

www.cessh.curtin.edu.au