

Red mullet cooked in a parcel with fennel

Preparation: 15 min

Cooking time: 15 min

Ingredients for 4 people:

- 600 g red mullet fillets
- 1 large fennel bulb (400 to 500 g)
- 2 c tbsp pastis
- 4 tbsp olive oil
- 1 tbsp lemon juice
- 4 sprigs of fresh thyme
- A handful of basil leaves
- Salt and pepper



Preparation:

1. Slice the fennel into thin strips, put them in a dish and pour the lemon juice over, along with 2 tbsp water. Cover and cook in the microwave, 2 x 2 min at 800 W, stirring halfway through.
2. Meanwhile, carefully remove any remaining bones from the red mullet fillets using tweezers.
3. Get four square pieces of aluminium or greaseproof paper. At the centre of each one, place a quarter of the fennel strips; season and pour ½ tbsp oil. Place the red mullet fillets on top; pour ½ tbsp pastis and ½ tbsp oil over each one. Add salt and pepper, and place a sprig of thyme on top. Close the parcels.
4. Cook for 15 min in a hot oven (preheated at T°6 – 180 C°) or on the barbecue (over a high grill).
5. Let it rest for 5 min, take it out of the mould and place it on a rack and leave to cool completely. Wrap in greaseproof paper and let it rest overnight. Eat at room temperature.
6. Place the parcels directly onto the dinner plates, open them and add the chopped basil. Accompany this with small baked potatoes, or fried potatoes if preferred.