



Consejo del chef

You can serve it in the parchment paper or place all the ingredients on a plate. Arrange the dish with a bit more of dressing, a fresh twig of thyme, and a lemon slice.

Raciones para 1

- 1 Hake loin
- 1/4 Red pepper
- 1/4 Green pepper
- 1/4 Yellow pepper
- 1 Garlic
- 1 Lemon zest and juice
- Fresh thyme
- Extra virgin olive oil
- Salt and pepper
- Parchment paper

- 1 Cut peppers into thin strips and set them aside.
- 2 Prepare the dressing by mixing fresh thyme, lemon zest and juice with a dash of olive oil and garlic. Stir with a whisk to emulsify.
- 3 Place pepper strips and the hake over a parchment paper sheet. Add salt and pepper.
- 4 Shape the papillote with other parchment paper sheet, sealing the edges.
- 5 Bake at 180°C for 15 minutes.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/merluza-al-papillote/>

