



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/es/receta/merluza-al-papillote/>

