

MSC Wild Twists - USA

Pollock in parchment

Serves 4

4 pollock fillets

Seasoning

1tsp smoked paprika

1/2 tsp ground cumin

1/2 tsp dried oregano

1/2 tsp dried chilli flakes

1/2 tsp salt

Salsa

1 cup sweetcorn kernels

1 cup diced long green pepper

12 cherry tomatoes, halved

2 shallot, diced

1 tbsp minced garlic

Juice of 1 lime

1/2 stick butter

Baking parchment

Serve with:

Lime wedge

Coriander leaf

Buttered new potatoes

Method

Preheat oven to 400F

Mix the smoked paprika, cumin, oregano, chilli flakes and salt

In another bowl, combine the sweetcorn, green pepper, tomatoes, shallots, garlic and juice of one lime

Cut 4 heart shapes across the width of the roll of paper, and fold each in half down the middle

Dip all four pollock fillets in the seasoning until well covered

Place one piece of fish on each piece of paper and top with 1/4 of the salsa

Spoon over any remaining salsa juices, and add knob of butter

Fold the paper around the edges to seal

Cook for 15-20 mins at 400F

Serve with lime wedges and coriander leaf.