



Baked Tamarillo Fish Parcels

Ingredients

- 4 x 150 gm barramundi fillets
- 2 Tbsp Wild Appetite Tamarillo & Paprika Sauce
- 2 Tbsp Wild Appetite Sweet Chilli Sauce
- 2 Tbsp chopped parsley
- ½ red onion, finely sliced

Method

Pre-heat oven to 200°C. Lightly oil 4 large pieces of foil. Place a fillet in the centre of each piece of foil and season well. Top each fillet with 1/2 Tbsp tamarillo sauce, 1/2 Tbsp sweet chilli sauce and a sprinkling of parsley and red onion. Fold the foil to make a parcel and bake for 20-30 minutes, until fish is just cooked through. Serves 4.

