



White fish en papillote with dill and yogurt sauce

Ingredients (serves 1)

150 g hake fillet
1 slice of lemon
Extra virgin olive oil

For the dill and yogurt sauce:

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Fresh dill
1 garlic clove
2 tbsp yogurt (lactose-free in case of intolerance)
Juice of ½ a lemon

Method

1. Make sure there are no bones in the fillet.
2. Put a slice of lemon on a plate suitable for microwave cooking to aromatize the fish.
3. Place the fish on top of the lemon slice.
4. Add a tablespoon of water, cover with a plate of the same diameter, and put in the microwave at maximum power for about one minute.
5. Take the fish out of the microwave and let it sit for one more minute without uncovering, so it finishes cooking.
6. Arrange the fish on a plate and serve with the dill and yogurt sauce.

To make the dill and yogurt sauce:

1. Finely chop fresh dill and a garlic clove.
2. Combine a couple of tablespoons of yogurt with the lemon juice.