



White fish en papillote with lemon sauce

Ingredients (serves 1)

150 g hake fillet

1 slice of lemon

Extra virgin olive oil

For the lemon sauce:

20 g butter

1 tbsp of flour

Wine

Zest of 1 lemon

Juice of 1 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 top with the lemon sauce.

To make the lemon sauce:

1. Melt the butter in a pan and add a pinch of flour. Mix well.
2. Add a splash of wine and let the sauce simmer.
3. Add the lemon zest and juice and a splash of water. Mix and let it thicken.