

By Steven Devlin

## Ingredients

4 fillets of cod  
4 red peppers roasted & sliced  
4 bulbs of baby pak choi  
2 Spanish chorizo sausages, skin off & sliced  
Lemon juice  
8 squares of aluminium foil  
Butter  
Glass of white wine  
Olive oil  
Crème fraiche 4 tbsp  
Lime zest  
1 spring onion, finely chopped

Prep Time: 10 mins  
Cooking Time: 20 mins  
Serves: 4

## Method

1. Pre-heat the oven to 180°C.
2. Arrange the 4 squares of foil on your worktop.
3. Liberally butter them all.
4. Take the stem of the pak choi and pull apart dividing the bulbs between 4 c w4 Tj0.048 Tc (b) Tj0 Tc