

Lockdown Chow-down

Thursday's meal for one + one for the freezer

Fish in foil parcels

Ingredients

- 1 piece of fish (salmon is ideal)
- Chopped vegetables of your choice
- Splash of soy sauce (or seasoning of your choice)

Instructions

- Place the piece of fish on top of a square of tin foil
- Top with the vegetables & soy
- Close the foil into parcels and bake in the oven for 30 minutes
- Serve with a baked potato

Stuffed Jacket Potato

- Cook an extra potato at the same time for a second meal
- When it is cool, cut it in half and scoop out the flesh of the potato into a bowl
- Mash the potato with fillings of your choice
- Top with some grated cheese (optional)
- Bake in the oven until completely hot