

# Fish parcels with prunes

Preparation :  
**15 minutes**

Cooking time :  
**15 minutes**

Difficulty :  
**Easy**



Photo : Photothèque BIP



**SERVES 4**



## INGREDIENTS

- 3 fish fillets (whiting, trout or sole)
- a few strips of very finely sliced Emmenthal cheese
- 12 « extra-large » pitted Agen prunes
- 1 onion
- 1 glass of white wine
- Thyme, bay leaf, salt and pepper

## PREPARATION

Spread out the three fish fillets flat on a chopping board and cut each one into 4 equal strips.

Put the Emmenthal cheese on top, and place a prune in the centre of each piece of fillet.

Roll and tie carefully with string.

Chop the onion and soften in a little oil. Add the parcels of fish.

Pour over the white wine. Season and add the spices. Cook in a medium oven for 15 minutes



*Agen prunes come from plum trees, in particular the Ente plum variety, and are grown in a defined area around the town of Agen.*