



**PREP TIME : 10 MIN**

**COOK TIME : 15 MIN**

**SERVES : 4**

***Ingredients :***

- ***1 1/2 lb (750 g) haddock or sole***
- ***2 tbsp (30 mL) fresh lemon juice***
- ***1/2 cup (125 mL) VH<sup>®</sup> Sweet & Sour Sauce***
- ***1/2 cup (125 mL) VH<sup>®</sup> Bean Sprouts, drained***
- ***2 green onions, chopped***
- ***1 garlic clove, chopped***
- ***2 tbsp (25 mL) fresh parsley, chopped***
- ***Salt & pepper, to taste***

***Directions :***

- 1. Pre-heat oven to 400°F (200°C).***
- 2. Place fish fillets on 4 sheets of aluminum foil.***
- 3. In a medium bowl, combine remaining ingredients and spread mixture evenly over the fillets.***
- 4. Fold over and seal foil packets well. Bake for 12 to 15 minutes or until fish flakes easily with a fork.***

***A simple supper with great flavour.***