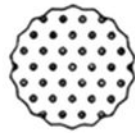
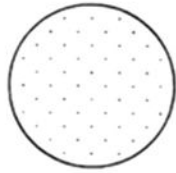


COOK THIS PAGE: PARCHMENT RECIPE.

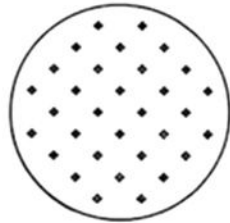
NO.1 FISH / FISK 30



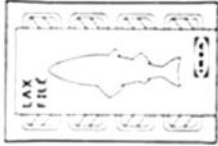
1/8 tsp BLACK PEPPER



1/4 tsp POWDERED ONION



1/2 tsp SALT



1 Preheat oven to 190°C (375°F).

2 Place four IKEA LAX FILE fillets on parchment paper.

3 Fill in remaining ingredients, and add your own touches. Mix it up so the spices spread evenly.

4 Fold the parchment paper into a closed pouch and crimp the ends.



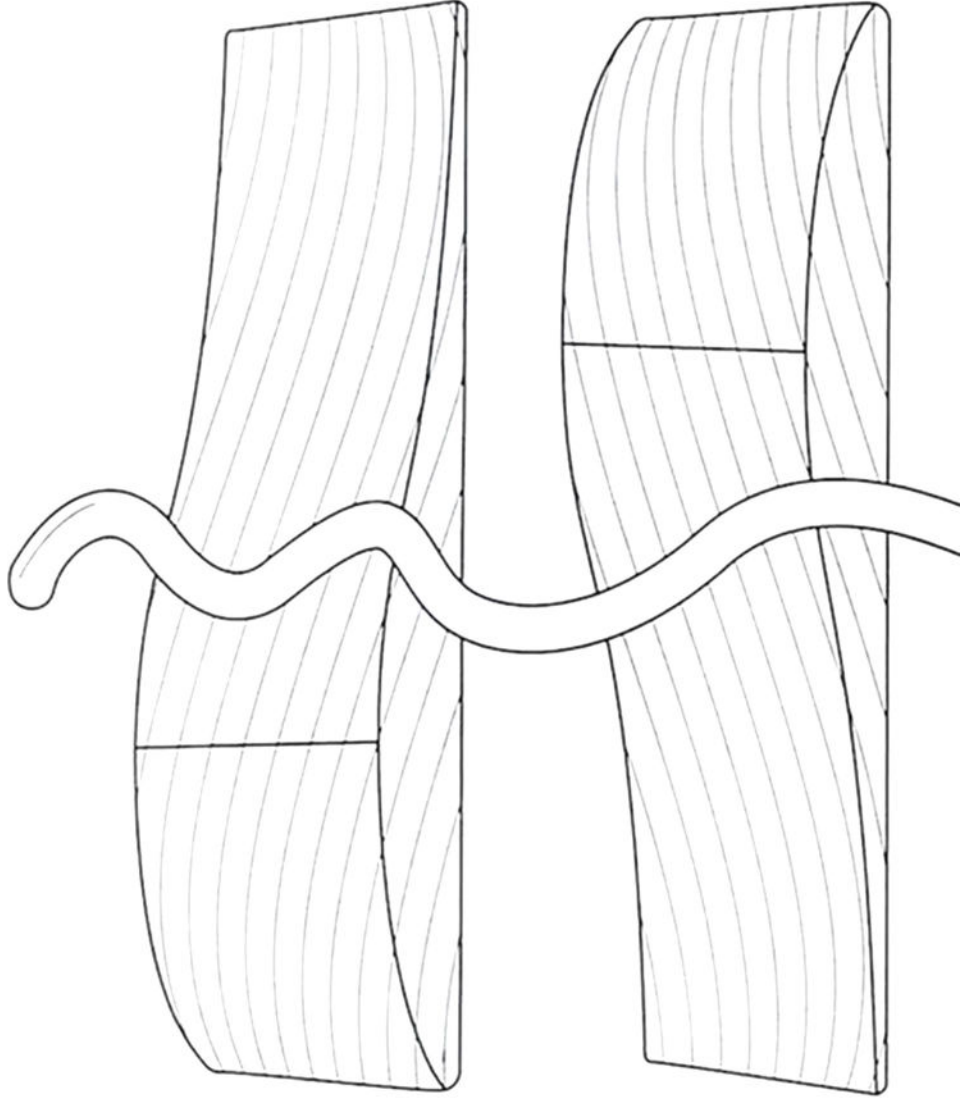
5 Place the parchment pouch on an IKEA VARDAGEN baking pan.

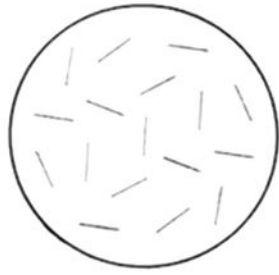
6 Bake in the oven for 30 minutes, on the middle rack. Set a timer so you don't forget!

7 Let it stood for 10 minutes, then open parchment pouch, Enjoy the smell!

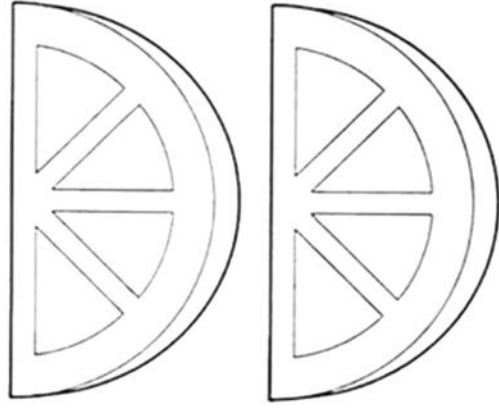


8 Serve using IKEA SPECIELL tongs. Share your creation with #EasyPcasy

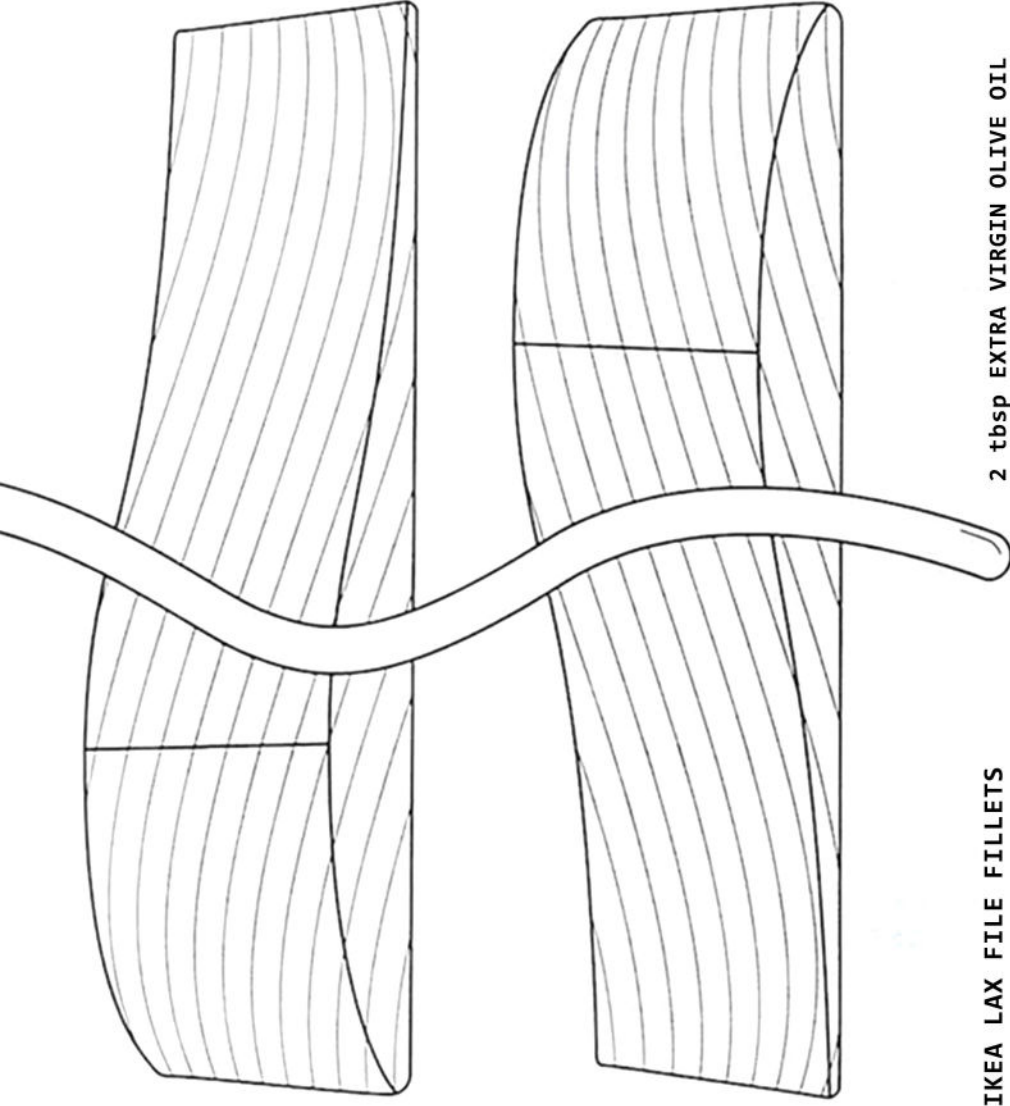




1 tsp FRESH DILL, CHOPPED



2 LEMON SLICES



4 IKEA LAX FILE FILLETS

2 tbsp EXTRA VIRGIN OLIVE OIL

