

Recipe Card



Fish en Papillote

Recipe by Joyce Moon, 2017

Yield: 4 servings

Ingredients:

2-3 cups vegetables, sliced (summer squash, carrots, bell pepper, asparagus, mushrooms, etc)
¼ cup shallots or onions, thinly sliced
¼ cup fresh herbs (such as basil, dill, parsley or scallions)
4 Tablespoons dry white wine or broth
4 Tablespoons extra-virgin olive oil, divided
2 cloves garlic, minced
Kosher salt, freshly ground black pepper
4 4-6 ounce skinless fish fillets

Directions:

1. Preheat oven to 400 degrees F.
2. Cut four 14x12" parchment papers into a heart shape: Fold paper in half ("hamburger style") and cut.
3. Place sheets of parchment paper (or foil) on a surface, open.
4. Divide vegetables among parchment sheets, arranging on one side of sheet in a thin layer.
5. Sprinkle shallots or onion and sliced herbs over the vegetables evenly.
6. Drizzle each packet with ½ Tbsp. oil. Season with salt and pepper.
7. Place a fish fillet on top of each portion. Season with salt and pepper; sprinkle with garlic, and drizzle 1 Tbsp. wine or broth and ½ Tbsp. oil over each.
8. Fold the parchment paper: Starting from the round edge, crimp edges tightly to form a sealed packet. Fold and crease, overlapping and folding every 1/2 – 1." When you get to the pointy end, crease and twist, then tuck it under.
9. Place packets in a single layer on a large rimmed baking sheet.
10. Bake fish until just cooked through, about 10-15 minutes. Fish is done when opaque and flakes (reaches internal temperature of 145 degrees F). Carefully cut open packets (steam will escape). Garnish with herbs and lemon wedge.

Class recipes can be found at <http://www.healthiestbest.com/quick-and-healthy-meals>