



RECIPE NAME: Fish in Parchment

THIS RECIPE MAKES: 4 people

INGREDIENTS 4 (4-6 ounce) boneless white fish fillet (cod, tilapia, catfish), ½ teaspoon salt, ½ teaspoon pepper, 2 Tbsp extra virgin olive oil (and butter if desired), one small lemon, 1 sprig fresh rosemary, 1 sprig fresh thyme, 1 sprig fresh sage, one large carrot, 1 large parsnip, a dozen small brussel sprouts

TOOLS/EQUIPMENT Knife + cutting board, plate, parchment paper, baking sheet.

INSTRUCTIONS Set oven to 400° F. Wash your vegetables and herbs. Mince fresh herbs and garlic and set aside. Cut carrot and parsnip into matchsticks (tiny slivers). Halve brussel sprouts. Salt and pepper your fish filets and drizzle with olive oil over your fish on a plate. Fold parchment paper to create 4 small pouches by folding each side in on itself (youtube can help with this step!). Once the parchment paper is sealed on three sides (you can always staple if the folds aren't holding) evenly divide the vegetables, herbs, garlic, butter, and fish filets. Seal the final side of the pouch and bake for about 10 minutes. Remove from oven, unseal parchment paper and plate.

OTHER INFORMATION:

Variations You can change the vegetables depending on the season. In the summer; a tomato, pepper, olive medley is delicious! You can also make this in the morning storing the pouches in the fridge for an easy ten minute dinner at the end of your day!