



## FISH EN PAPILOTE

### INGREDIENTS

Halibut 7 oz/person (You can use cod, snapper, flounder, salmon)  
Onion, rounds  
Scallion, long strips  
Carrots, strands  
Zucchini, rounds  
fresh thyme  
Lemon slices  
Olive oil, salt, pepper  
White wine

Other vegetables that work well: Asparagus, Spinach, Kale, Yellow Squash, Cherry Tomatoes, Olives, Capers, Basil, Sun-dried Tomatoes. You can even use potatoes if you slice them thin

### INSTRUCTIONS

1. Slice the vegetables accordingly. This is an important step since everything will be baking together at the same time. It is essential that the ones that need more cook time be cut more finely than those that don't. I used a vegetable peeler for the carrots, while the onions and zucchini I cut in thicker rounds. The scallions I cut in long strips.
2. Place the parchment paper on a baking sheet. Start placing the lemon slices, onions, zucchini on top of each other at the center of the parchment. This way when you fold over you will have enough paper to fold and tuck.
3. Then place the fish, carrots, thyme and season with salt, pepper a drizzle of oil and splash of white wine.
4. Fold the parchment paper over the fish/veg pile then starting at one corner fold the paper all the way around creating a seal. You can either bake right away or if you are making ahead, place the entire baking sheet in the fridge until you are ready to bake.
5. Bake at 400 degrees for 12-15 minutes depending on the thickness of the fish.

You can prepare the en papillote ahead of time up to 4 hour prior.