

# CreakyKitchen

Cooking tips for the chronic disease community



## RECIPE

### FISH EN PAPILOTE

#### INGREDIENTS

10-12 oz Cod/Haddock/Halibut filets (skin on or off, up to you)

Kosher Salt

Freshly Ground Pepper

Extra Virgin Olive Oil

Half Pint Grape Tomatoes

2 Lemons (one for zest & juice, the other sliced thin to make it pretty)

1 Shallot, Sliced

2 Cloves Garlic, Grated

½ Red Pepper, Sliced

Kalamata Olives (to your liking)

Capers (to your liking)

Splash of Dry White Wine

Crushed Red Pepper (to your liking)

Alternative to the olives & capers: Jarred tapenade – pro-tip – keep this in your pantry/fridge because it goes well in and on so many things!!!

## EQUIPMENT

Sheet Tray

Rasp or Grater

Parchment Paper

Lemon Juicer

Sharp Knife for Slicing

## DIRECTIONS

1. Preheat your oven to 400 F
2. Prep all of your veggies while the oven heats up.
3. Portion your fish as you like, each packet should serve one. I like to use a 5 oz filet per packet. To make the packets take an 18" length of parchment paper and fold it in half. Traditionally the papillote are heart shaped (aaw!) but you can do a simple round, whatever you're more comfortable with. Cut your parchment and set on the baking sheet.
4. Open the parchment and place your fish on one side, season with salt & pepper, drizzle with extra virgin olive oil, squeeze a bit of lemon juice then top with veggies and the crushed red pepper (if using).
5. Fold the parchment over top and fold at about ½ inch intervals around the border to seal almost to the end.
6. Pour about a tbsp of wine in each packet then complete the sealing.
7. Place the tray with your little fishy packets in the oven for about 20 minutes. You'll see them puff up and the parchment will take on a little color.
8. Remove from the oven and serve each packet with a sharp knife so the top can be sliced open and the steam can escape (be careful!).

For a quick side you can make a couscous in just a few minutes and add herbs and perhaps any of your leftover veggies from the recipe to the party. Even just a bit of that tapenade is great. Pro-tip 2 – Using a stock (veggie or otherwise) to cook the couscous will add a ton of flavor!