

Steamed Fish en Papillote

Culinary Medicine, Nutrition Services

Serves 4-6

Equipment: cutting board, knife, parchment paper, baking sheet

Ingredients

4 ea (3-5 oz) boneless fish filets (e.g. halibut, cod, salmon or tilapia)

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper

2 teaspoons extra-virgin olive oil

1 small lemon, lime or orange, thinly sliced

1 1/2 tablespoon chopped fresh herbs (e.g. thyme, parsley, cilantro or mint)

1/2 cup any of the following: pitted and halved Kalamata olives, finely chopped tomatoes, thinly sliced green onions, grated zucchini or carrots (optional)

Instructions

1. Preheat oven to 400⁰ F.
2. Place each fish filet in the center of a 13-inch square of parchment paper. Season fish with salt and pepper and drizzle with oil.
3. Arrange citrus slices down the length of each filet, sprinkle w/ herbs and scatter additional ingredients, if using, over the top.
4. Lift the parchment paper on 2 opposite sides to meet in the middle above fish. Tightly fold down paper until it reaches fish, crimping to seal.
5. Place the packets on a rimmed baking sheet and roast until fish is just cooked through, about 10-12 minutes for thin fillets like tilapia, and 14-16 minutes for thicker fillets like halibut and cod.
6. Transfer packets to plates, carefully (hot!) unwrap and serve



THE
University of Vermont
MEDICAL CENTER

Steamed Fish en Papillote

Culinary Medicine, Nutrition Services

Serves 4-6

Equipment: cutting board, knife, parchment paper, baking sheet

Ingredients

4 ea (3-5 oz) boneless fish filets (e.g. halibut, cod, salmon or tilapia)

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper

2 teaspoons extra-virgin olive oil

1 small lemon, lime or orange, thinly sliced

1 1/2 tablespoon chopped fresh herbs (e.g. thyme, parsley, cilantro or mint)

1/2 cup any of the following: pitted and halved Kalamata olives, finely chopped tomatoes, thinly sliced green onions, grated zucchini or carrots (optional)

Instructions

1. Preheat oven to 400⁰ F.
2. Place each fish filet in the center of a 13-inch square of parchment paper. Season fish with salt and pepper and drizzle with oil.
3. Arrange citrus slices down the length of each filet, sprinkle w/ herbs and scatter additional ingredients, if using, over the top.
4. Lift the parchment paper on 2 opposite sides to meet in the middle above fish. Tightly fold down paper until it reaches fish, crimping to seal.
5. Place the packets on a rimmed baking sheet and roast until fish is just cooked through, about 10-12 minutes for thin fillets like tilapia, and 14-16 minutes for thicker fillets like halibut and cod.
6. Transfer packets to plates, carefully (hot!) unwrap and serve



THE
University of Vermont
MEDICAL CENTER

Steamed Fish en Papillote

Why We Like This Recipe

This

Chef's Notes:

Nutrition Notes:

Gardener's Notes:

-



THE
University of Vermont
MEDICAL CENTER

Steamed Fish en Papillote

Why We Like This Recipe

This

Chef's Notes:

Nutrition Notes:

Gardener's Notes:

-



THE
University of Vermont
MEDICAL CENTER