

# 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 1/2 tablespoon chopped fresh herbs (e.g. thyme, parsley, cilantro or mint)
1/2 teaspoon sea salt	
1/2 teaspoon ground black pepper	1/2 cup any of the following: pitted and halved Kalamata olives, finely chopped tomatoes, thinly sliced green onions, grated zucchini or carrots (optional)
2 teaspoons extra-virgin olive oil	
1 small lemon, lime or orange, thinly sliced	

## Instructions

1. Preheat oven to 400° 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.



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## Why We Like This Recipe

This recipe is for those who don't want to touch or clean the fish they are cooking! Drop your filets directly onto the paper, season, close, steam, eat, and toss!

### Chef's Notes:

- Pick your favorite fish and use whatever quick-cooking seasonal vegetables you have on hand.

### Nutrition Notes:

- Omega-3 fatty acids are essential fats that your body can't make from scratch and must get from food. Salmon, and other cold-water fish including sardines, anchovies are among foods that deliver a powerful Omega-3 punch and can help reduce inflammation.



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