



*Culinary Creations*  
*by Connie*

Personal Chef & Event Planning Services

*Passion ~ Love ~ Food*

### **Fish en Papillote**

2	5-7 oz	Orange Roughy, Salmon, or any White Fish
¼		Red Onion, Sliced
10-12		Asparagus Spears
½		Red Pepper Julienne
		Lemon Zest
2	clove	Garlic, Minced
		Salt and Pepper to Taste
		Olive Oil
4		Lemon Slices
¼ C		White Wine (or Lemon Juice)
		Fresh Thyme or other Fresh Herbs

Serves 2

Preheat oven to 425 degrees

Preheat oven to 425 degrees. Mix lemon zest, garlic, onion, red pepper, and wine in a medium bowl. Fold two 20-inch pieces of parchment in half lengthwise. Unfold, and place 1 fillet on top of 5-6 asparagus spears along each crease. Rub both with 2 tablespoons olive oil, and season with salt and pepper. Top each fillet with onion & pepper mixture, top with 2 lemon slices & fresh thyme or fresh herbs of choice.

Fold parchment over fish, making small overlapping folds along edges and sealing tightly (use a paper clip if needed on ends). Place on rimmed baking sheets. Roast until parchment puffs, 12 to 15 minutes. Place on dinner plate, carefully cut packets, avoiding escaping steam, and serve.