



Fresh Snapper in Parchment

The snapper and a ingredients are then tightly wrapped in a tidy little parchment packet that bakes in the oven for a mere 15 minutes. The fish gently steams as it cooks and the ingredients meld together to form a self basting liquid that bathes the fish as it cooks.

Ingredients

1 pound (about 4 - 4oz.) fresh fish fillets such as red snapper, hake, flounder or sole

4 tablespoons Extra-Virgin Olive Oil

1/4 cup white wine

2 spring onions, thinly sliced

4 tsp. fresh squeezed lemon juice

1 thin lemon slice for each fillet

Sea salt and freshly ground black pepper to taste

Parchment paper

Preheat the oven to 350.

Arrange each fish fillet in a large square of parchment paper. Season the fish with salt and pepper, to taste. Top

each fillet with one lemon slice, one tablespoon white wine, one teaspoon lemon juice, two teaspoons sliced spring onion, and one tablespoon of extra virgin olive oil. Fold the parchment paper around the edges tightly in 1/4-inch folds to create a half moon shape. Press as you crimp and fold to seal the packets well, or steam might escape. Arrange the packets on a baking sheet. Bake until the fish is cooked through, about 12-15 minutes, depending on the thickness of the fish. To serve, cut open the packets and serve directly in the parchment on a plate or remove the fish to the plate using a spatula, being sure you don't leave the juices behind. Serve along side rice, pasta, quinoa, or with a fresh salad for an ultra healthy, delicious meal.

Serves 4