



cara price

FISH EN PAPILOTE

INGREDIENTS

- 4 - 8 ounce pieces Halibut {get the thickest pieces possible}
- 1 fennel bulb, sliced thin
- 2 large lemons cut into slices
- 2 tablespoons greek dressing {no sugar}
- 1 teaspoon dijon mustard
- 2 cloves garlic, minced
- 8 sprigs fresh rosemary
- freshly ground salt & pepper + finishing salt
- 4 large pieces of parchment paper
- optional garnish: chopped fresh rosemary

DIRECTIONS

preheat oven to 400.

place parchment paper on counter. on each piece of paper, lay 1 piece of halibut. generously sprinkle fish with salt & pepper.

in a small bowl, combine greek dressing, mustard & garlic. equally divide this mixture over fish & rub all over top of the exposed flesh.

lay 2 slices of lemon on top of each piece of fish, then lay 2 sprigs of rosemary on each piece of fish. fold sides of parchment paper up to center & roll, crimping as you go to seal the top. then crimp & roll edges to seal the ends. place each packet on a cookie sheet & bake 20 minutes.

to serve, carefully unwrap packets & remove rosemary & lemon. sprinkle with finishing salt & a small amount of chopped fresh rosemary.