



MUSHROOM, SPINACH & LEMON FILLET EN PAPILLOTE

Fish en papillote literally means “fish in parchment” and it is the easiest way you will ever prepare fish. The Method is a template, not a recipe. Customize this based on your preferences and whatever fish, veggies, or spices you have on hand. Anything goes, but the results are always fresh and flavorful. The more flavors you put in, the better!

THE METHOD:

1. Preheat the oven to 375°F.
2. On a large piece of parchment paper, layer the fish, vegetables, aromatic, and herbs. Drizzle with the fat.
3. Fold or crimp the parchment paper into a sealed pocket. Bake for 15 minutes, or until the fish is cooked through.

Variations in cooking time may occur. If in doubt, use a food thermometer and make sure your fish is cooked to 145 degrees.



THE SPECIFICS:

Divide spinach evenly between parchment. Top with scallions and mushrooms. Season with salt and pepper. Top each with 1 lemon slice, 1 fillet, and another lemon slice and drizzle with 1 & 1/2 teaspoons oil. Season with salt and pepper.

THE INGREDIENTS:

- 2 skinless fillets (6-ounce) Rainbow Trout, Halibut, or Turbot
- 2 cups baby spinach
- 2 scallions
- 4 ounces shiitake mushrooms, stems trimmed, halved
- 4 thin lemon slices
- Coarse salt and freshly ground pepper
- 2 tbsp extra-virgin olive oil