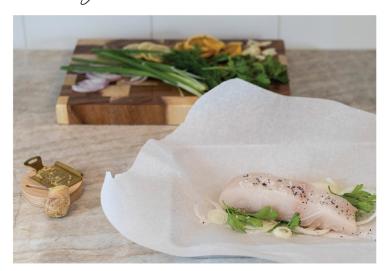


Fish En Papillote

COOK TIME: 30 minutes YIELDS: 1-2 Servings

INGREDIENTS:

4 oz Cod/Halibut/White Fish
½ c White Onion, julienned
3 Garlic Cloves, chopped
3 Green Olives, chopped
½ tsp F+F Lemon Pepper Seasoning
½ tsp Honey
1 Lemon, thinly sliced
½ tsp F+F Black Hawaiian Sea Salt
½ tsp Black Pepper
1 Tbsp Butter



INSTRUCTIONS:

- 1. Lay an entire sheet of parchment paper on a baking sheet.
- 2. Mix together julienned onions, chopped garlic & olives. Stir in F+F Lemon Pepper Seasoning & honey. Transfer mixture onto half of the parchment paper.
- 3. Thinly slice lemon into rounds & place on top of onion & olive mixture, on the parchment.
- 4. Lightly season trimmed fish with ½ tsp F+F Black Hawaiian Sea Salt & pepper, then place on top of onion mixture. Add a tablespoon of butter on top.
- 5. Fold parchment paper in half, rolling edges so fish is fully enclosed.
- 6. Bake at 375°F in a preheated oven for 10-15 minutes, depending on thickness of fish.
- 7. Let rest for enclosed in parchment for at least 5 minutes, open, and serve.
- 8. Finish with additional F+F Black Hawaiian Sea Salt, to taste.

