



FINCH + FENNEL

## *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.

*Enjoy!*

