

## RECIPES FOR RESTORATION

### FISH EN PAPILOTE EASY ROASTED FISH IN PARCHMENT WITH VEGETABLES

#### INGREDIENTS

- 6-oz halibut or meaty white fish
- carrots, julienne sliced
- green and yellow zucchini, julienne sliced
- spinach leaves (handful)
- red and yellow pepper julienne sliced
- small red potatoes cut and seasoned with olive oil, rosemary, salt & pepper
- (3) thinly sliced lemons
- (2) sprigs of thyme
- 1-2 tablespoons white wine (optional)
- cherry tomatoes (optional)

‘En papillote’ means wrapped in a parcel and ensures that everything stays moist as it cooks in its own steam. It makes a simple but tasty dinner main course served with roasted potatoes, quinoa or herbed rice.



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#### METHOD

An easy and elegant dish for the most novice of cooks.

**PREP VEGGIES:** Cut up in small pieces and place on aluminum foil on roasting tray. Sprinkle with olive oil, salt, pepper and rosemary. Roast 425 degrees for approximately 27 minutes, turning the pieces  $\frac{1}{2}$  way through the cooking time.

On a large piece of parchment paper, place spinach with fish on top. Drizzle with olive oil, salt and pepper. Arrange julienned vegetables on top along with sliced lemons, thyme and, if desired, white wine. Spray with olive oil or one pat of butter. Fold up the parchment around this arrangement like an envelope. Make sure to crimp and seal this envelope otherwise steam will escape.

Bake at 375 degrees for approximately 15 minutes or until the fish is tender. Carefully cut open the packet and serve directly in the parchment on a plate or remove it with a spatula making sure to include the juices.

A healthy and attractive dinner which can be served with quinoa or any other grain. If you're serving this for company, the packets can be prepared ahead of time, placed on a baking sheet and refrigerated until ready to Enjoy!



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