



## WHITE FISH EN PAPILLOTE WITH JULIENNED VEGGIES

Serves 4-6

### Ingredients

6 pieces	White Fish Filets (4-6 oz. each)
	Olive oil, for drizzling
4 cloves	Garlic, thinly sliced
1 ½ cup	Zucchini, finely julienned
1 ½ cup	Carrots, finely julienned
1 ½ cup	Fennel, finely julienned
3 Tbsp	Fresh Herbs
3 Tbsp	Parsley, minced
2-3 Tbsp	Butter, softened (optional)

### Equipment

- Chef's knife
- Sheet tray
- Parchment paper
- Spatula

### Directions

1. Preheat oven to 400° F.
2. Cut out 6 pieces of parchment paper into the shape of a large heart or portion into appropriate sized rectangle.
3. Season fish filets with salt and pepper on each side and place onto one half of the parchment paper.
4. Drizzle olive oil on top of each filet.
5. Add a small amount of garlic, vegetables, olives, and herbs to each piece of fish and finish off with a drizzle of butter or oil.
6. Fold over the paper and crimp the edges together tightly. Place on a sheet tray and bake in the oven for about 10-12 minutes (depending on the thickness of the fish filets) until done.
7. Open the packets, garnish with parsley and serve.