Fennel and Orange Fish Fillet en Papillote

Ingredients

- 2 white fish fillets (haddock, cod, snapper, sole, flounder)
- 1 orange, sliced
- 2-3 cups chopped lacinto kale
- 1 fennel bulb, sliced thin
- 2 Tablespoons fresh lemon juice
- salt and pepper to taste
- olive oil
- 1/2 cup white wine (optional)
- Parchment paper

Directions:

1. Preheat oven to 450 degrees F.
2. Lay out one large sheet of parchment paper, fold in half and open flat. Place kale and fennel at the center of the paper and drizzle with a little olive oil, salt and pepper.
3. Top the veggies with fish fillet, season with 1 tablespoon of lemon juice, 1 tablespoon olive oil, salt and pepper. Top with 2 slices of orange and splash of white wine. Fold over the ends of the parchment paper to enclose the fish. Place on rimmed baking sheet. Repeat with the remaining ingredients.
4. Bake at 450 for 10-12 minutes.