

# Fish Baked in Parchment Paper

You can use pretty much any type of fish you want and follow these instructions. Also, I like this combination of kale and rosemary, but use any herbs (cilantro or thyme would be good) and vegetables you want or have around.

Serves 2

- 4 rosemary sprigs
- 2 5-ounce fish fillets
- 1 cup lightly massaged and shredded kale
- 8 cherry tomatoes, halved
- 2 tablespoons dry white wine or vegetable broth
- 2 tablespoons of extra virgin olive oil
- sea salt
- pepper
- 1 lemon

1. Heat oven to 450°F.
2. Cut 2 sheets of parchment paper, about 16 inches wide each. Fold each in two like a book and open up.
3. Place 2 rosemary sprigs horizontally in the middle of each parchment paper. Season the fillets with salt and pepper. Place fish (skin side down if you've got it) on top of the rosemary. Divide half of the tomatoes, kale, and any other vegetables and place each half over a fillet. Add a pinch more of salt and pepper. Pour 1 tablespoon of white wine and 1 tablespoon of olive oil over each set of fish and vegetables.
4. Seal each packet by crimping and rolling up the parchment paper like the wrapper around a hard candy. Press on the ends to make sure the packets are closed and no steam will get out. Place packets on a baking sheet.
5. Bake for 10 to 15 minutes. It'll be about 10 minutes for a 1/2-inch thick fillet and 15 minutes for a 1/-inch

thick fillet.

6. To serve, use a fork to carefully open the packet and let out the hot steam. Squeeze a fresh lemon over each fillet.