

Fish baked in parchment paper

I used swordfish for posting this recipe because it had been caught that day and looked fantastic. Most of the time I use snapper. You can vary the vegetables and spices to your liking. Remember to spray the inside (where the food goes) with cooking oil spray. I always put some of the veggies on the bottom for the fish to rest on. In this recipe I used chopped tomatoes from Robert's garden but cherry tomatoes would be better suited.

Ingredients

For 2 persons (1 package per person)

2 pieces of swordfish (7 ounces each) or other white fish
1/2 cup of roughly chopped olives
1-2 TBS chopped garlic
1-2 TBS chopped parsley
1 cup chopped tomatoes
A handful of green beans (about ½ lb.)
4 - 6 anchovies fillets
The juice and zest of 1 lemon
1TBS capers, rinsed
3-4 TBS olive oil
Salt and pepper
Coarse salt

Directions:

Preheat oven to 400 degrees Fahrenheit. Preheat the baking sheet in the oven.

Cut 2 sheets of parchment paper 14 by 15 inches each.

Spray the center of the paper with cooking oil . Place ½ of the green beans in center, then top with 2-3 anchovy filets. Season the fish with salt and pepper and put on top of the anchovies. Sprinkle with lemon juice. In a bowl mix the tomatoes, olives, capers, parsley, lemon zest, garlic, and olive oil. Season with salt and pepper. Nestle the veggies around the fish. To close, fold parchment paper over each serving and make small overlapping pleats to seal the packages above and on the open sides. Arrange the packages on the preheated baking sheet and place in the center of the hot oven. Bake for 20 minutes more or less, until the fish is opaque and flakes easily in the center. I cooked my swordfish for 25 minutes and it was perfect. My fish was very thick and had a bone. Serve a packet per dinner plate and cut open at the table, remove the paper. Serve with rice or crusty bread.

Guten Appetit

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