

## Let's Talk Food Literacy

### Fish en Papillote

Makes 1 serving

#### Ingredients

##### Protein foods:

- 1-4 ounce piece of fish (salmon, trout, cod, halibut, basa) – fresh or frozen (thawed)

##### Vegetables of your choice!:

- ½ carrot, cut into thin sticks
- ½ celery stick, cut into thin sticks
- 1 green onion
- ½ cup greens (spinach, swiss chard, kale)
- 2 cherry tomatoes, halved
- 1 lemon slice (optional)

##### Other:

- 1 tsp vegetable or olive oil
- 1 tsp lemon juice
- Herbs (e.g. dill)
- Pinch of salt and pepper
- Parchment paper or tinfoil

#### Directions

1. Turn oven on to 425°F.
2. Put a piece of parchment paper/tinfoil, 12 inchesX10 inches, on a baking sheet. In the middle of the square, place ½ cup greens. Add rest of vegetables, and top with fish and lemon slice. Sprinkle with herbs and salt/pepper. Drizzle with lemon juice and oil.
3. Fold the fish packet: lift the long sides of paper up and touch together. Roll tightly until you reach the fish. Roll the short sides of paper away from the centre and pinch closed. Tuck under packet to hold.
4. Bake in oven for ~14 minutes. Fish is ready when it reaches 70°C (or 158°F). *Be careful opening the packet, it's hot!*
5. Serve with vegetables and grains.

**Watch the how-to video!** [youtu.be/GF2jOZ2Tayw](https://youtu.be/GF2jOZ2Tayw)



*Fish en Papillote*

#### Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use canned, fresh or frozen** vegetables.
- ⇒ **Use a *calibrated* thermometer** to see if fish is cooked. *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust the dial to read 0° (32°F).
- ⇒ **Get creative!** Try coconut milk and curry powder; olives, onions & tomatoes; salsa & lime.