

FFF En Papillote Fish with Vegetables

Recipe By: *Fiscallyfitfoodie.com* -- James B.

Serves 3



Ingredients

- Three 4-5 oz tilapia or other white fish fillets (snapper/grouper/etc)
- 3 small/med carrots, julienned
- 2 small leeks, julienned
- 1 small fennel bulb, julienned
- 2 tbsp extra virgin olive oil, plus 1/2 tsp per fish fillet
- 1/2 tsp kosher salt, plus a pinch for each fillet
- 1/4 tsp freshly ground black pepper, plus 3-4 grinds for each fillet
- 1/2 tsp ground coriander, plus 1/4 tsp for each fillet
- Thin slices of lemon to cover each fillet

Directions

1. Preheat oven to 350 F. Cut three heart-shaped pieces of parchment paper (see video link in step 4 of these directions).
2. In a large bowl, combine julienned carrots, leeks, and fennel bulb. (videos for processing these ingredients can be found at <https://www.youtube.com/c/FiscallyfitfoodieJB>).
3. Add 2 tbsp olive oil, 1/2 tsp kosher salt, 1/4 tsp freshly ground black pepper, and 1/2 tsp ground coriander and mix thoroughly until all the vegetables are well coated/seasoned.
4. Measure out approximately a cup of the vegetable mixture and place on one half of the heart-shaped parchment paper. (How-to video at <https://youtu.be/BC4AHUORtno>).
5. Place fish fillet on top of vegetables and drizzle each fillet with a 1/2 tsp of olive oil, 1/4 tsp salt, and 3-4 grinds of pepper – or to taste). Lay lemon slices on top of fish.
6. Seal parchment (method shown in video above).
7. Put the pouches on a cookie sheet or other pan and bake at 350 for about 16-18 minutes.
8. Take pouches out of the oven and slice open when ready to eat.

Nutrition (per serving...3 servings total for recipe): 250 calories, 3g carbs, 18g fat (olive oil), and 7g protein. (calculated with www.myfitnesspal.com/recipe/calculator).