

## *Steamed fish with julienne vegetables in parchment paper*

Parchment packets offer a no-mess way to prepare fish and vegetables that you keep promising yourself you're going to eat! Once you have the technique mastered, you can try different combinations of fish, vegetables and flavorings.

### **Ingredients**

Halibut, sea bass or tilapia filets  
Red bell pepper  
Baby carrots  
Scallions (green onions)  
Shitake mushrooms  
Whole ginger  
Miso broth or favorite Asian bottled marinade  
Cilantro  
Soy sauce and sriracha sauce (optional)



**Preheat oven to 400°.**

**Prepare fish:** Rinse filet and pat dry.  
Season lightly with salt on both sides.

**Slice vegetables (per filet):** Slice ½ red bell pepper into 1” strips. Cut 10 baby carrots in half. Remove white part from 5-6 scallions and trim green leaves into same size as bell pepper.

Wipe clean 6-8 shitake mushrooms. Peel one “finger” length piece of ginger and slice into large chunks.



**Create parchment packets:** Tear off two 12” piece of parchment paper per filet. Fold in half.

Lay fish in the middle of the paper and surround filet with half of the sliced vegetables. Fold over top portion of paper and fold down the side edges 4-5 times until tightly closed.

Repeat for a second packet.



While holding the packet slightly upright, slowly pour 1/2 cup of miso broth into the packet, making sure it's securely closed.

**Close packet:** When the fish, vegetables and broth are placed in the packet, carefully “crimp” the remaining top edge securely until packet is closed. Place on jelly roll pan.

**Bake at 400° for 18 -20 minutes.**



**Prepare dish for serving:** Remove pan from oven and very carefully open the top edge of the packet (steam will escape, so handle cautiously). With a spatula, remove the fish from the packet and place on a large dinner plate or bowl. Pour remaining contents of packet over the filet (discard some of the broth if it's too “soupy”). Discard chunks of ginger. Add a few sprigs of fresh cilantro on top.



**FEELING SPICY?**

**MIX 1T OF SOY SAUCE WITH A DASH OF SRIRACHA SAUCE AND POUR OVER DISH FOR A TOUCH OF HEAT!**