

Asian Fish Fillet en Papillote

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Perch, tilapia, bass, flounder fillets work best. Other choices would be fish fillets that are no more than 1/4" thick. Chicken Tenders can also be used. Fish Fillets flavored with a hint of asian flavor topped with spinach baked in a parchment paper pocket with a side of roasted corn and bell pepper relish

ASIAN SAUCE FOR FISH

2 tablespoons extra virgin olive oil

1 tablespoon soy sauce

2 teaspoons grated ginger root

1 medium garlic clove

1 teaspoon lemon zest

2 teaspoons lemon juice, fresh

1/4 teaspoon kosher salt

1/8 teaspoon hot pepper sauce,
optional (for a little extra kick)

FISH FILLET

1 pound fish fillets, or chicken
tenders

1/4 teaspoon fresh ground black
pepper

2 cups baby spinach leaves, washed
and dried

CORN/PEPPER RELISH

2 medium scallions

2 cups frozen corn

1 medium red bell pepper, seeded
and chopped

4 tablespoons extra virgin olive oil

1/2 teaspoon kosher salt

1/4 teaspoon fresh ground black
pepper

1 tablespoon fresh lemon juice

1 teaspoon white wine vinegar, or
white balsamic vinegar

Cuisine: Family Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

UTENSILS: 4 - 12x14 parchment paper, 2 baking sheets, cutting board, knife, 2 small bowls, spoon, tongs, scissors

Preheat oven to 450 degrees

ASIAN SAUCE: In a small bowl, add the oil, soy sauce, ginger, garlic, lemon zest and lemon juice and mix well to combine. This asian sauce mixture will be used to top the fish before baking.

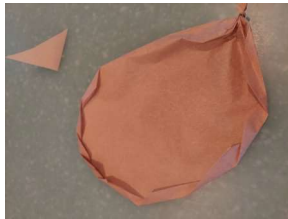
Fold the parchment paper in half. Cut the corners off as shown in the picture.



Open the parchment paper to display the heart shape (see picture). Place 1 fillet on 1 side of each parchment heart. Sprinkle lightly with salt and pepper. Top each fillet with the baby spinach and spoon some of the asian sauce mixture over the top.



Working with 1 fillet at a time, fold the other side of the heart shaped parchment over the fillet and start at the top of the folded top edge of the heart making a crease fold to seal the edge and work your way around the edge of the 1/2 heart until the fillet in the parchment is sealed. Twist the point as the final seal (see picture that shows how the pocket should look when finished). Place the 4 parchment pockets on a baking sheet.



TO PREPARE THE CORN/PEPPERS: Place a parchment sheet on the other baking sheet and put the scallions, corn and chopped peppers in an even layer on the baking sheet. Coat with 2 T of olive oil and salt and pepper.

In a small bowl, add the lemon juice, white wine vinegar and 2 T of olive oil and mix well to combine. This dressing will be used to coat the roasted corn.

Place the corn mixture on the top shelf of the oven and the fish fillets on the 2nd rack. Bake for 12 minutes.

Remove both baking sheets from the oven. Spoon the dressing over the roasted corn.

Place a fish fillet in the parchment pocket on individual serving plates. Cut open the parchment pocket with scissors. Serve the roasted corn relish next to the fish.