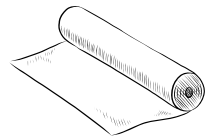
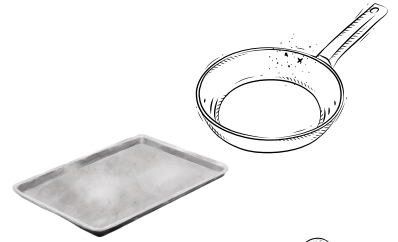


HADDOCK EN PAPIER

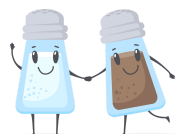
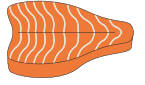
TOOLS:

- rimmed baking sheet or large frying p
- cutting board
- sharp knife
- measuring spoons
- parchment paper
- string



INGREDIENTS:

- 225 grams to 450 grams of fish fillet:
 - haddock
 - sole
 - trout
 - salmon
 - basa
- ½ lemon cut into rings
- 1-2 cloves of garlic minced
- 1 tablespoon minced parsley
- 1 cup of cherry tomatoes – or two little vines
- 1 tablespoon of capers
- 2 tablespoons of olives
- 2 tablespoons of butter
 - or Olive oil
- salt and pepper to taste



DIRECTIONS:

Step 1:

Preheat oven to 400 degrees.



1 minute

Step 2:

Gather ingredients.



10 minutes

Step 3:

Slice lemons, parsley and garlic.



10 minutes

Step 4:

Lay parchment on counter. Place lemon slices on bottom. Lay fish on top. Add garlic, capers, olives, tomatoes and top with butter and salt and pepper.



5 minutes

Step 5:

Fold over parchment paper and tie with string. Bake for 20 minutes.



20 minutes

Step 6:

Serve.