

# En Papillote Fish with Potatoes & Greens



*En Papillote is a technique where food is cooked in a paper wrapper. This method works exceptionally well with delicate fish and produces a dramatic presentation!*

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>4 SERVINGS</b> | <b>PREP TIME</b><br><b>30 MIN</b> | <b>TOTAL TIME</b><br><b>45 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

### For the Compound Butter:

|          |                              |
|----------|------------------------------|
| 2 Tbsp   | Butter, unsalted, softened   |
| 2 tsp    | Olive Oil                    |
| 2 cloves | Garlic, minced               |
| 1 Tbsp   | Parsley, finely chopped      |
| ½ each   | Lemon, zested                |
| ¼ tsp    | Kosher Salt                  |
| To Taste | Black Pepper, freshly ground |

### For En Papillote:

|          |  |
|----------|--|
| 8 oz.    | Red Baby Potatoes, cut into 1/2-inch rounds  |
| 4 cups   | Greens (kale, spinach, chard, etc.), chopped   |
| 1 lb.    | White Fish (cod, redfish, drum, sheepshead, seabass, striped bass, snapper), skin removed, cut into 4 each 4oz. portions |
| ¼ tsp    | Kosher Salt  |
| To Taste | Black Pepper   |
| 4 Tbsp   | White Wine, dry  |
| 1 each   | Lemon, cut into thin slices  |

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Make the compound butter: Combine all ingredients in a bowl and stir until well combined. Transfer to the refrigerator to harden slightly.
3. Add the sliced potatoes to a medium pot and fill with water to cover. Place over high heat and bring to boil. Cook until potatoes are halfway done, about 5-8 minutes. Drain and place in a bowl filled with ice water to stop the cooking process. Once cooled, remove from the ice water; pat dry.
4. Assemble the en papillote packets: Cut 4 large pieces of parchment paper and fold each one in half making a crease down the middle. Cut each folded piece into a large heart shape but cutting the open sides, leaving a point at one end and keeping the other end rounded (see chef's note).

## CHEF'S NOTES

This cooking method produces dishes that are light and flavorful because the parchment packet creates a tight seal to trap in steam from the liquid added and the natural juices.

For a great visual tutorial and more information on how to cut the parchment, layer your ingredients, and fold the packet for en papillote, [check out this article](#) from Serious Eats.

5. Divide the potatoes evenly between the 4 pieces of parchment and top each one with 1 cup greens and one 4-oz. fish filet. Season with the salt and pepper.
6. Sprinkle 1 Tbsp of wine over each packet and top with 2 tsp of the reserved compound butter and a lemon slice.
7. Fold the packets: Starting at the top of the heart (round side), fold the edge over itself tightly. Continue to fold as you work around the edge, making tight folds slightly on top of the previous one. Make sure to leave some room for the steam to build up inside the packet. When you get to the pointed end, make a tight twist and tuck the end under the packet.
8. Arrange the packets on a sheet tray in an even layer (you may need to use two trays) and bake in the oven until the fish is white and flaky, about 12-15 minutes.
9. To serve, place a packet on a plate and use a sharp knife to carefully cut a slit down the center. Enjoy immediately!

| <b>Nutrition Facts</b>        |                                      |
|-------------------------------|--------------------------------------|
| 4 servings per container      |                                      |
| <b>Serving Size</b>           | <b>1 packet (4 oz. fish) (221 g)</b> |
| <b>Amount per serving</b>     |                                      |
| <b>Calories</b>               | <b>270</b>                           |
| <b>% Daily Value *</b>        |                                      |
| <b>Total Fat 14g</b>          | <b>18%</b>                           |
| Saturated Fat 5g              | <b>25%</b>                           |
| Trans Fat 0g                  |                                      |
| <b>Cholesterol 90mg</b>       | <b>29%</b>                           |
| <b>Sodium 340mg</b>           | <b>15%</b>                           |
| <b>Total Carbohydrate 12g</b> | <b>4%</b>                            |
| Dietary Fiber 2g              | <b>7%</b>                            |
| Total Sugars 1g               |                                      |
| Includes 0g Added Sugars      | <b>0%</b>                            |
| <b>Protein 22g</b>            | <b>44%</b>                           |
| Vitamin D 0mcg                | 0%                                   |
| Calcium 110mg                 | 8%                                   |
| Iron 2mg                      | 10%                                  |
| Potassium 700mg               | 15%                                  |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food: En Papillote White Fish* (1/6/21)

