



Cod En Papillote with Fennel and Onion

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

440.9 calories, 11.89 g carbohydrate, 4.08 g fiber, 7.81 g NET carbs, 24.31 g protein, 33.83 g fat

Ingredients

- 1/4 tsp(s) sea salt
- 1 whole bulb organic fennel, cored and sliced
- 4 clove(s) organic garlic, chopped
- 4 Tbsp(s) organic fresh parsley, chopped
- 8 large(s) organic Kalamata olives, chopped
- 1 whole organic lemon, sliced
- 2 Tbsp(s) organic extra virgin olive oil
- 24 ounce(s) Alaskan black cod (Sablefish)
- 1 large organic white onion, thinly sliced

Preparation

1. Preheat oven to 400 degrees F.
2. Divide cod into servings. Use one-one foot sheet of unbleached parchment paper for each piece of fish.
3. Divide the fennel, onions, garlic, olives, and cod among the unbleached parchment pieces.
4. Season with salt and drizzle with olive oil.
5. Fold the top and bottom edges of parchment paper together. Crease several times then fold up the ends of the packets.
6. Place the packets on a baking sheet and transfer to oven.
7. Bake 20 minutes.
8. Place one packet and one lemon wedge on each serving plate and cut open at table.

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