



Keto Cod En Papillote with Fennel and Onion

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

Nutrition Information Per Serving

423 calories, 6.39 g carbohydrate, 1.68 g fiber, 4.71 g NET carbs, 23.49 g protein, 33.68 g fat

Ingredients

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