



PESTO SALMON EN PAPILOTE WITH ZOODLES

Fish en papillote literally means “fish in parchment” and it is the easiest way you will ever prepare fish. The method is a template, not a recipe. Customize this based on your preferences and whatever fish, veggies, or spices you have on hand. Anything goes, but the results are always fresh and flavorful. The more flavors you put in, the better!

THE METHOD:

1. Preheat the oven to 375°F.
2. On a large piece of parchment paper, layer the fish, vegetables, aromatic, and herbs. Drizzle with the fat.
3. Fold or crimp the parchment paper into a sealed pocket. Bake for 15 minutes, or until the fish is cooked through.

Variations in cooking time may occur. If in doubt, use a food thermometer and make sure your fish is cooked to 145 degrees.



THE SPECIFICS:

Spiralize zucchini or use pre-spiralized. Add tomatoes & pesto and toss to combine. Add veggies to parchment, then top with salmon. Coat salmon with remaining pesto, salt & pepper.

Recipe yields 2 servings.

INGREDIENTS:

- 2 (6-ounce) Salmon fillets
- 1 small zucchini (about 2 cups spiralized), ends trimmed and washed
- 1 cup grape tomatoes, chopped
- 3 tablespoons pesto
- Coarse salt and freshly ground pepper
- Pine nuts and lemon slices for garnish