

Halibut with Orange & Asparagus.

Serves 2

Mushroom & Quinoa Pilaf.

Prep Time: 30-35 minutes

Cooking fish "en papillote" (in a packet) is the easiest way to steam it to perfection, while infusing the fish with whatever flavors your heart desires.

Shopping List:

Produce

1 orange
½ lb asparagus
6 oz mushrooms (any variety)
1 shallot
1 clove of garlic

Grocery

olive oil
½ cup quinoa

Refrigerated

½ lb mild white fish (halibut, tilapia, cod)

Special Tools:

parchment paper

Recipe:

parchment paper
2 portions of halibut (or another firm white fish)
1 orange, sliced thinly
½ lb of asparagus, trimmed and cut into 2-inch pieces
olive oil
6 oz mushrooms, diced
1 shallot, chopped
1 clove of garlic, chopped
½ cup quinoa
1 cup water

1. Preheat oven to 425.
2. Prepare packets by folding two large sheets of parchment paper in half to make a crease. Open each sheet and begin by laying 2-3 orange slices on one side of the crease in each packet. Season fish with salt and pepper and place on top of orange slices. Arrange asparagus around fish. Drizzle everything with a little olive oil.
3. Seal packets by folding other half of parchment over layered ingredients. Start at one end of the fold, and make overlapping creases around the open edge, crimping parchment to seal in steam. Place packets on a baking sheet and set aside.
4. Add a little oil to medium saucepan, over med-high heat. Add mushrooms, shallot, and garlic, then sprinkle with salt & pepper. Sauté together until edges of mushrooms are crispy and golden brown.
5. Add quinoa and water to saucepan, bring to a boil, then reduce heat to low and simmer, covered, for 15-20 minutes or until water is absorbed. Fluff with a fork before serving.
6. While quinoa is cooking place baking sheet with packets into the oven. Bake for 12-15 minutes or until fish is cooked through.

Cooks Tips:

- Making the parchment packets can be intimidating, but simple, once you get the hang of it. Don't be afraid to use a stapler your first few times. You can find a video tutorial on YouTube...but if all else fails, or this seems too fussy to you, foil works just as well.