



## Trend – At-Home Restaurant Experience

### **Haddock Fillet en Papillote**

*Italian seasoned fish so moist, tender, and full of flavor*

- 1/4 cup chopped mixed colored sweet bell peppers
- 2 Tablespoons chopped red onions
- 1 Tablespoon minced mild pepperoncini peppers, seeded
- 3 Tablespoons minced oil sundried tomatoes
- 2 Tablespoons chopped parsley
- 1/2 Tablespoon capers, drained
- 3/4 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 2 teaspoons sundried tomato oil
- 3/4-pound haddock fillet
- 1 fresh lemon, sliced
- Garnish” Fresh parsley as desired

**Before Starting:** Preheat oven to 400 degrees F.

**Combine Topping Ingredients:** In a medium bowl, stir together sweet peppers, onions, pepperoncini, sundried tomatoes, chopped parsley, capers, Italian seasoning, garlic powder, black pepper, and sundried tomato oil.

**Wrap Fish in Parchment Paper:** Lay one large square of parchment on countertop; place fish fillet in the center. Spread topping on the top of the fish; then top with 3 lemon slices. To enclose the fish; fold the top down lengthwise over the fish; then fold up the bottom part. Fold the right side of the paper over the fish and do the same with the left side. Make sure to seal all the edges. It should now be a packet to be able to steam the fish.

**Bake and Serve:** Place packet on a rimmed baking sheet; bake for about 15 minutes. Allow packet to cool; then carefully open with scissors.  
Serves: 2

**Cook's Note:** Sundried tomatoes are salty so season with salt after unwrapping.

**About the Recipe:** Wrapping a fish in parchment paper produces a tender, moist fish, seasoned with an Italian topping. It looks so impressive but is a quick way to cook fish and have an easy clean-up. The bonus is that it can be prepared in the parchment ahead of time and stored in the refrigerator until you are ready to cook.