

Kev's Kitchen

COD PARCELS

Time: 30 minutes

Serves: 4

Ingredients:

4 4-ounce cod filets
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
8 ounces cremini mushrooms – sliced
1 bulb fennel – thinly sliced
1 tablespoon parsley – finely chopped
1 clove garlic - finely chopped or grated
2 tablespoons extra-virgin olive oil
¼ cup white wine

Preparation:

Preheat oven to 400F.

Season both sides of the fish filets with half of the salt and pepper.

Toss the remaining ingredients except wine in a bowl.

Place each fish filet on a square of parchment paper and top with the tossed vegetables.

Fold the corners of the parchment up to form a bag and pour wine in each. Tie each bag with kitchen twine and place on a baking sheet.

Cook for 17 minutes, then serve immediately.

Nutritional Information Per Serving:

Calories: 206
Fat: 8g
Carbs: 7g
Fibre: 2g
Protein: 23g