

# *Idiot's Kitchen Recipe – Fish en Papillote with Tomatoes & Olives*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Gourmet



## Ingredients:

2 (6 ounce) fish fillets like red snapper or halibut, skinned and boned  
6 (¼ inch thick) tomato slices (from 2 medium tomatoes)  
10 – 12 Kalamata olives, pitted and chopped  
Zest from ½ orange, cut into very tiny, thin strips  
6 small sprigs of fresh thyme  
Red Pepper Flakes  
Salt & Pepper  
1 Tablespoon of butter, divided  
Parchment Paper

Preheat oven to 500 degrees.

Cut a rectangular piece of parchment about 12 inches long (the parchment is usually 15 inches wide), fold it in half, and then open it like a book.

Prepare all of the ingredients: cut the tomatoes into ¼ inch slices, chop the olives, and cut the orange zest into very tiny, thin strips.

Place one fish fillet on half of the parchment near the fold, season with salt & pepper, then top with 3 tomato slices and about 5-6 chopped olives. Sprinkle a few (maybe 6 or 8) small strips of orange zest and 3 sprigs of fresh thyme over the top. Season with a pinch of red pepper flakes. Cut a pat of butter (about ½ Tablespoon per packet) and dot the top of the fish with the butter.

Fold the top of the parchment over the fish and starting at the corner nearest the fold, turn the parchment edge up and over in small triangles. Try to get the triangles to overlap closely even using two folds up if you need to or have difficulty on the straight edge. Each packet should be sealed closed but you don't have to be too fussy with them.

Once the oven has preheated to 500 degrees, place a large sheet pan in the oven and heat the pan for 5 minutes. Place the fish packets on the heated pan and cook for 10 minutes. Use a spatula to move the packets to a plate and use a sharp knife to slit open the top being careful as steam will escape. Slide the parchment out from under the fish being sure to get all of the good juices on the plate.

Serve with potatoes, rice, couscous, quinoa, or crusty bread for sopping up the delicious sauce.

This recipe serves 2 but it can easily be modified for any number of servings.