

White Fish En Papillote

with Freekeh

En Papillote is a French cooking method that literally translates to cook “in paper.” In this versatile technique, the food is baked in a folded packet, which holds in moisture and allows the flavors to meld while the ingredients steam and cook. This fish en papillote is served with freekeh, an ancient green grain from Egypt that derives its name from the Arabic word for the roasting process it undergoes.



Ingredients

- 6 Ounces Baby Pattypan Squash
- 2 Fillets Cod, Haddock or Pollock
- 2 Tablespoons Butter
- 1 Bunch Dill
- 1 Lemon
- ½ Cup Freekeh
- 2 Pieces Parchment Paper

Makes 2 Servings
About 380 Calories Per Serving

Instructions



1

Prepare the ingredients:

Preheat the oven to 400°F. Heat a small pot of salted water to boiling on high. Take the butter out of the refrigerator to soften. Cut the pattypan squash into bite-sized pieces. Roughly chop the dill. With a paring knife or peeler, remove the peel of the lemon. Finely chop the peel to make about 2 teaspoons of zest (or use a citrus grater).



2

Cook the freekeh:

When the water comes to a boil, add the **freekeh**. Cook 18 to 20 minutes, or until tender. Drain thoroughly.



3

Make the lemon-herb butter:

In a small bowl, combine the **butter**, **lemon zest**, a **pinch of salt**, and **all but a pinch of the dill**. (Reserve some dill for garnish.) Stir to blend.



4

Cut out the parchment:

Fold both sheets of parchment paper in half horizontally. With the 2 sheets on top of one another, trace half an oval, then cut along the traced line to make 2 oval-shaped sheets.



5

Fill & seal the packets:

Place the parchment ovals on a work surface. Divide the **cooked freekeh** between the 2 ovals, placing it on just half the paper. Top the freekeh with the **pattypan squash** and a **fish fillet**. Season both with salt and pepper. Divide the **lemon-herb butter** between each fish fillet. Fold the other half of the parchment over all of the filling, then crimp the edges to completely seal the packets by making overlapping folds around the edges.



6

Roast the packets & enjoy:

Gently transfer the **sealed packets** to a baking sheet. Roast in the oven 10 to 12 minutes, or until the packets are browned and puffed up. Carefully open the packets before serving. Squeeze some **lemon juice** over the fish and garnish with the **remaining dill**. Enjoy!