

Cod & Pattypan Squash En Papillote

with Garlic Butter & Fresh Herb Salad

Bag it up, chefs! In this recipe, you'll be wrapping up cod, tricolor quinoa, garlic-butter and pattypan squash "en papillote" (in parchment). Baking the ingredients together in an airtight packet allows the flavors to develop and meld, creating a dish that will fill your kitchen with its complex aroma and taste amazing. Be careful when unwrapping the baked packets; the savory steam they release will be hot!



Ingredients

- ½ Cup Tricolor Quinoa
- 4 Tablespoons Butter
- 3 Tablespoons Whole Almonds
- 2 Cloves Garlic
- 1 Bunch Chervil
- 1 Bunch Chives
- 1 Bunch Parsley
- 1 Lemon
- 6 Ounces Pattypan Squash
- 2 Cod Fillets
- 2 Parchment Sheets

Makes 2 Servings
About 615 Calories Per Serving

Instructions

1



Cook the quinoa:

Heat a medium pot of salted water to boiling on high. Rinse the **quinoa** under cold water and drain thoroughly. Add the **rinsed quinoa** to the boiling water and cook 15 to 18 minutes, or until tender. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the quinoa cooks, preheat the oven to 400°F. Remove the butter from the refrigerator. Roughly chop the almonds. Peel and mince the garlic; then, using the flat side of your knife, smash until it resembles a paste. Pick the chervil and parsley leaves off the stems; discard the stems. Mince the chives. Using a peeler, remove the yellow rind of the lemon; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Trim off and discard the stems of the squash; cut the squash into ½-inch wedges.

3



Make the garlic butter & dress the squash:

While the quinoa continues to cook, in a small bowl, combine the **softened butter**, **garlic paste** and **lemon zest**. Stir to combine and season with salt and pepper to taste. To dress the squash, in a medium bowl, drizzle the **squash** with olive oil and season with salt and pepper to taste.

4



Assemble & bake the packets:

Stir the **juice of 1 lemon wedge** and a drizzle of olive oil into the **cooked quinoa**. Season with salt and pepper to taste. Pat the **cod fillets** dry and season with salt and pepper. Divide the quinoa and **squash** between the **2 parchment sheets**, slightly off center. Top each with a **cod fillet** and **half the garlic butter**. Fold the long end of the parchment over to create a packet with 3 open edges. Fold in ¼-inch of each open edge and crease firmly. Roll each fold towards the center twice and crease again to seal. Transfer the packets to a sheet pan. Roast 13 to 15 minutes, or until the paper is slightly browned and the fish is cooked. Remove from the oven.

5



Toast the nuts:

While the packets bake, heat a small, dry pan on medium-high until hot. Add the **almonds** and toast, stirring frequently, 1 to 2 minutes, or until fragrant and lightly browned. Transfer the toasted almonds to a small bowl and set aside as you continue cooking.

6



Make the herb salad & plate your dish:

In a small bowl, combine the **chervil**, **chives** and **parsley** with the **juice of 1 lemon wedge**. Drizzle with olive oil, season with salt and pepper and toss to coat. To plate your dish, divide the **baked packets** between 2 plates. Carefully cut open the packets (they will release a puff of steam). Garnish with the **toasted almonds**, **herb salad** and **remaining lemon wedges**. Enjoy!