

Parchment Baked Haddock with Veggies

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat your oven to 400F. Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
2. Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
3. Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
4. Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
5. Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
6. To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Notes

No Haddock

Use cod fillets instead.

Safety First

The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 2 cups** Green Beans (trimmed)
- 1** Red Bell Pepper (thinly sliced)
- 3 stalks** Green Onion (green parts only, chopped)
- 2** Haddock Fillet (5 ounces each)
- 1 tbsp** Extra Virgin Olive Oil
- 1** Lemon (zested and juiced)
- 1/4 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 1 tbsp** Fresh Dill