

RECIPE | TOMATOES



CITRUSY TOMATO FISH EN PAPILOTE



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Recipe created by *Yasmin Benhan*



25 min

10 min | **15 min**
PREP. | COOKING



2



easy

INGREDIENTS

- 10 oz** Pure Flavor® OMG™, halved
- 2** sea bass filets
- 1** fresh lime, sliced
- 1** garlic clove, minced
- 1 cup** spinach
- 2 tbsp** butter, melted
- 1 ½ tbsp** fresh parsley, chopped and divided
- 1 tbsp** shallot, finely diced

- ½ tsp** salt
- ¼ tsp** pepper

DIRECTIONS

- 1** Preheat oven to 425°F.
- 2** In a small bowl, combine butter, garlic, shallot, and 1 tablespoon parsley. Set aside.
- 3** Next, for the packets, cut two pieces of parchment paper, about 12 inches. Dividing the ingredients equally between the two packets, add the spinach in the center of the sheet, then each filet of fish. Season with salt and pepper, then spread the butter mixture on top of the fish. Lay 2 slices of lime on top of each filet and scatter the tomatoes.
- 4** Fold the parchment paper to create a tightly sealed packet. You can seal the sides by using staples.
- 5** Bake in the oven for 10-15 minutes or until fish is cooked through.
- 6** Plate the packets and cut the ends of the paper. Unfold to reveal the contents and sprinkle with remaining parsley.

Pro Tip: You can keep the paper in your presentation or remove it and add your preferred sides such as asparagus or extra tomatoes!