



Gammy's House Recipes

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Asparagus Dinner Parcels

Ingredients:

1 lb. white fish fillets(sole, orange roughy, haddock)
4 tsp. lemon juice
16 medium Ontario asparagus spears, trimmed to 6 inches
1 medium tomato, seeded and chopped
2 green onions sliced
2 tbsp. chopped fresh dill, cilantro or tarragon (or 2 tsp. dried dill weed or tarragon)
salt and pepper

Directions:

Preheat oven to 400F (200C). Cut four 12 x 13 inch rectangles of parchment paper (foil may be substituted if cooking in a conventional oven). Fold in half lengthwise and crease. Open each one. Arrange fish fillets on one side of each rectangle. Drizzle evenly with lemon juice. Place four asparagus spears on top of each fillet. Sprinkle tomato, onion and herbs evenly over asparagus. Season with salt and pepper. Fold other half of paper over. Seal completely by making a double 1/2 inch fold on all cut edges. Place parcels on a baking sheet. Bake in preheated oven about 10 minutes or until fish flakes and asparagus is crisp-tender. (If using parchment paper you can microwave on full power 9 to 10 minutes. Allow to stand 5 minutes). Serve on individual plates. Serves four. Prep. time 10 minutes. Baking time 10 minutes.