

Sea Bass En Papillote

Serves ____

12" x 12" foil cut into square

1 red potato (*5 slices into rounds 1/8" thick*)

¾ tsp olive oil

Salt and black pepper to taste

½ cup baby spinach

5 grape tomatoes, whole

5 ounces sea bass

¼ tsp minced garlic

¼ tsp minced shallots

¼ tsp Old Bay

1 lemon slice (*sliced into round 1/8" thick*)

1 orange slice (*sliced into round 1/8" thick*)

Pre-Heat oven to 400 degrees. Cut foil into 12" x 12" square. Drizzle ¼ tsp oil in the middle of square. In a bowl, toss red potatoes with ¼ tsp oil, salt, and black pepper. Layer red potatoes in the middle of square. In a bowl, toss baby spinach and red grape tomatoes with ¼ tsp oil, salt, and black pepper.

(Continued on back)



Sea Bass En Papillote

Continued from front.

Place spinach and tomato mixture on top of layered red potatoes. In a bowl, season sea bass with garlic, shallots, salt, and black pepper. Place sea bass on top of spinach and tomato mixture and season fish with Old Bay. Place lemon and orange slices on top of fish. Feel free to add fresh herbs or butter, and white wine to this recipe.

Fold foil edges upward to seal and form parcel. Place parcel on baking sheet pan and put in the oven for 15-17 minutes or until internal temperature reaches 145 degrees. Carefully open parcels and enjoy!

Serve with mashed potatoes, rice, or any side dish you like.



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