



## Pollock en Papillote with Buttery Carrots and Peas

Total Time: 30-40 minutes    Calories per Serving: 400

Serves: 2 people

*En papillote* refers to wrapping the pollock "in parchment" before baking. This popular French technique creates concentrated steam inside parcels for a delicately infused flavor.

USDA recommends cooking fish to 145° F.





## 1. Prepare Ingredients

Preheat oven to 425°F. Peel **shallot** and mince. Rinse **mint** and pick leaves, discarding stems. Rinse **chives** and mince. Peel **carrots** and halve lengthwise. Halve **lemon**; cut 2 slices from ½, reserving remainder. Rinse **pollock** and pat dry with paper towel.



## 2. Assemble Pollock Papillotes

Halve **parchment paper** and place rectangles on a clean dry surface. Divide **shallot** evenly and place on 1 side of each parchment piece. Add **pollock**, then drizzle over **1 tablespoon olive oil** and season with ½ **teaspoon kosher salt** and **pepper**, dividing evenly.



## 3. Roast Pollock Papillotes

Top each **pollock fillet** with **1 squeeze lemon juice**, **1 lemon slice**, and **2 sprigs thyme**. Pour over **white wine**, dividing evenly. Fold over each parchment, re-creasing, then tuck in edges, overlapping all around, to create 2 tightly sealed parcels. Place on a baking sheet, transfer to oven, and roast until parchment paper is puffed and pollock is opaque, about 12 minutes.



## 4. Steam Carrots

While pollock papillotes roast, combine **butter** and ½ **cup water** in a large pan over medium heat. When butter is melted, add **carrots** and season with ¼ **teaspoon kosher salt** and **pepper**. Cover pan and steam until almost tender when pierced with a knife tip, about 8 minutes.



## 5. Warm Peas

When carrots are tender, uncover pan and increase heat to medium high. Cook, stirring occasionally, until liquid is absorbed and carrots are very tender, 4-5 minutes. Stir in **peas** and cook until warmed through, about 1 minute more. Remove pan from heat. Stir in **mint**, **chives**, and **juice of ½ lemon**.



## 6. Plate Pollock Papillotes

Carefully tear open parchment paper for a stunning, dramatic presentation. Enjoy **pollock** with **carrots** and **peas** alongside.

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## 🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Your fish is finished cooking when it flakes easily with a fork.

## 📋- INGREDIENTS

- 4 sprigs thyme
- 1 shallot
- 1 bunch carrots
- 1 lemon, divided
- 12 ounces pollock
- 1 tablespoon white wine
- 2 packets butter
- ¾ cup peas
- 1 parchment paper
- 3 sprigs mint
- ¼ bunch chives

## 🛠- YOU'LL NEED

- baking sheet
- 12" large pan with lid
- 1 tablespoon olive oil
- ½ cup water
- kosher salt
- black pepper

Great food starts with great ingredients. We're proud to send you fish that has been sustainably and domestically sourced.