



More than Food

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## Sole en Papillote

with Mushrooms, Croutons, and Brown-Butter Caper Sauce

Cooking “en papillote” is a French technique in which food is cooked inside a parchment (or foil) envelope. The envelope traps all the flavors, resulting in a moist, delicious dish. We’re using this technique to steam delicate sole along with mushrooms, lemon rounds, and green beans. A buttery caper sauce is the *pièce de résistance*.



35 min



level 1



make me first



nut free



Sole



Baby Portobello  
Mushrooms



Capers



Lemon



Green Beans



White Bread

## Ingredients

		2 People	4 People
Sole	1)	12 oz	24 oz
Baby Portobello Mushrooms		8 oz	16 oz
Capers		1 oz	2 oz
Lemon		1	2
Green Beans		4 oz	8 oz
White Bread	2) 3) 4)	2 slices	4 slices
Butter*	4)	3 T	6 T
Olive Oil*		1 T	2 T

\*Not Included

## Allergens

- 1) Fish
- 2) Wheat
- 3) Soy
- 4) Milk

## Tools

Baking Sheet,  
Large Pan, Tin Foil

Ruler

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**Nutrition per person** Calories: 641 cal | Carbs: 42 g | Fat: 66 g | Protein: 52 g | Fiber: 7 g | Sodium: 1065 mg

*Make sure to wash and dry produce before prepping or cooking!*



**1** Preheat the oven to 450 degrees. Thinly slice the **mushrooms**. Cut the **bread** into 1/2-inch cubes. Cut **half the lemon** into rounds. Cut the **green beans** into bite-sized pieces. Season the **sole** on all sides with **salt** and **pepper**.

**2** **Cook the vegetables:** Heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **mushrooms** to the pan and cook, tossing, until soft and golden brown, for 4-5 minutes. Season with **salt** and **pepper** and set aside. Add the **green beans** and 1/3 **cup water** to the same pan over medium heat. Cook, tossing, for 6-7 minutes, until the green beans are tender and the water has evaporated. Season with **salt** and **pepper**.

**3** **Assemble each foil packet:** Fold an 18-inch piece of tin foil in half widthwise, then open it up like a book. In the center of one side, layer **half the vegetables**, **1 sole fillet**, a pinch of **salt** and **pepper**, and a **lemon round**. Fold over the tin foil and crimp to seal the edges around the fish. Repeat the process for the other fillet.

**Optional:** Add a drizzle of **olive oil** before closing the tin foil for an indulgent twist.

**4** Place the **foil packets** on a baking sheet and place in the oven for 9-12 minutes, until the **fish** is flaky and opaque.

**5** **Make the croutons:** While the **fish** cooks, heat **1 Tablespoon butter** over medium heat in the same pan you cooked the **mushrooms** in. Add the **cubed bread** and cook, tossing, until golden brown and crispy, 3-4 minutes. Season with **salt** and **pepper** and set aside.

**6** **Make the brown-butter caper sauce:** Heat **2 Tablespoons butter** over medium-low heat in the same pan you cooked the **croutons** in. Cook, watching carefully, until the **butter** foams and the solids turn golden brown. You'll see little golden brown specks beginning to develop in the bottom of the pan. Immediately remove the pan from the heat and stir in the **capers** and a **squeeze of lemon**. Taste and season with **salt** and **pepper**, if necessary.

**7** Plate the contents of the **foil packets** and drizzle with the **brown-butter caper sauce**. Sprinkle with the **croutons** and enjoy!