



JUN  
2016

## Cod en Papillote

with Brown Butter Caper-Sauce, Dill, and Red Pepper-Potato Hash

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 cod with garlic and lemon. A buttery caper sauce is the *pièce de résistance*.



Prep: 10 min  
Total: 30 min



level 1



nut free



gluten free



make me  
first



Cod Fillets



Capers



Dill



Yukon Potatoes



Garlic



Red Bell  
Pepper



Lemon

## Ingredients

		2 People	4 People
Cod Fillets	1)	12 oz	24 oz
Yukon Potatoes		12 oz	24 oz
Capers		1 T	2 T
Dill		¼ oz	¼ oz
Red Bell Pepper		1	2
Lemon		1	2
Garlic		2 Cloves	4 Cloves
Butter*	2)	2 T	4 T
Olive Oil*		3 t	6 t

\*Not Included

## Allergens

1) Fish

2) Milk

## Tools

Baking sheet, Foil, Strainer, Small pan

**Nutrition per person** Calories: 451 cal | Fat: 20 g | Sat. Fat: 9 g | Protein: 31 g | Carbs: 40 g | Sugar: 5 g | Sodium: 112 mg | Fiber: 8 g

Ruler

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**1 Prep the ingredients: Wash and dry all produce.** Preheat the oven to 450 degrees. **TIP:** Place the baking sheet in the oven while it preheats for super crispy veggies. Cut the **potato** into ½-inch cubes. Core, seed, and thinly slice the **bell pepper**.

**2 Roast the potatoes:** Toss the **potato cubes** on one side of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 10 minutes.



**3 Roast the peppers:** Cut half the **lemon** into rounds. Pick the **dill fronds** from the stems and discard the stems. Remove the baking sheet with the **potatoes** from the oven. Toss the **bell peppers** on the opposite side of the baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Return the baking sheet to the oven for about 10 more minutes.



**4 Make the foil envelopes:** Smash the **garlic cloves** with the side of your knife. Place two large (18-inch) pieces of tin foil down on your work surface. Add a drizzle of **olive oil** to the center of the foil. Place each **cod fillet** in the center of the foil and season on all sides with **salt** and **pepper**. Top each with a clove of **garlic**, a couple **lemon rounds**, and a few **dill fronds**. Fold the foil over to form an envelope and crimp the edges to seal. Place the foil packages into the oven (they can sit right on the rack) for about 8 minutes, until the cod is opaque and the **potatoes** are golden brown.



**5 Make the brown butter-caper sauce:** While the **cod** cooks, drain the **capers**. Heat **2 Tablespoons butter** in a small pan over medium heat. Once melted, the **butter** will begin to foam up and turn a speckled brown color. Quickly remove the pan from the heat and stir in the **capers** along with a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.

**6 Plate and serve:** Remove the **cod** from the foil packets, discarding the **garlic cloves**. Toss together the **potatoes** and **red peppers** and serve alongside the **cod en papillote**. Drizzle with the **brown butter-caper sauce** and garnish with the remaining **dill**. Enjoy!