

## Parchment-Cooked Fish with Morels, Spring Garlic, and Thyme

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**4**

CALORIES



**418 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons butter
- 1 tablespoon canola oil or as needed
- 5 sprigs thyme leaves fresh chopped
- 0.5 cup garlic-scapes chopped
- 4 servings salt and ground pepper black to taste
- 24 ounce pacific halibut fillets
- 1 pound morel mushrooms fresh

- 80 inch x pieces of parchment paper

## Equipment

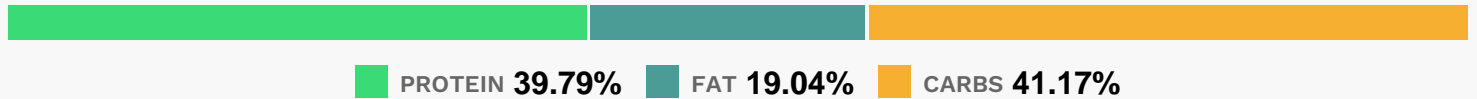
- frying pan
- baking sheet
- baking paper
- oven
- kitchen scissors
- drinking straws

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place morel mushrooms in a dry skillet over medium heat and sprinkle with salt and black pepper. Cook, stirring often, until the mushrooms release their juice and the juice evaporates, about 5 minutes.
- Sprinkle halibut fillets with salt and black pepper on both sides.
- Heat butter in a large skillet over medium-low heat and cook the halibut fillets until golden brown on the outside, about 2 minutes per side.
- Remove fish from skillet and set aside.
- Cook and stir garlic scapes in the same skillet used to cook fish until fragrant, about 1 minute.
- Remove pan from heat and stir morel mushrooms and thyme with the garlic scapes until combined.
- Fold a piece of parchment paper in half crosswise. Use scissors to cut a very large valentine-like heart shape out of the folded paper, as large as possible. Repeat with remaining parchment to make 4 large heart shapes.
- Open the heart shapes; brush right sides of the hearts with canola oil.
- Place 1/4 morel mushroom mixture in the left (unoiled) half of each heart.
- Place a halibut fillet on the mushroom mixture.
- Sprinkle fish with salt and black pepper.

- Fold the oiled right half of the heart over the fish. Fold about 1/4 inch of parchment paper over, starting at the rounded end, and work your way down to the point, folding as you go. Fold the edge over a second time to enclose fish and mushrooms in a bundle with a double-folded, sealed edge.
- Leave about 1/4 inch of the bottom point unfolded.
- Use a straw inserted into the open bottom to blow air into the bundle, making it puff up like a small balloon. Twist the bottom closed to enclose the air.
- Place parchment bundles on 2 baking sheets; don't let the bundles touch each other.
- Bake in the preheated oven until fish is no longer translucent in the center, about 15 minutes.
- To serve, plate each portion and carefully cut open the parchment to reveal the fish, mushrooms, and juices. Bundle will release hot steam when opened.

## Nutrition Facts



### Properties

Glycemic Index:52.25, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:36.392173798188%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg

### Nutrients (% of daily need)

Calories: 418.18kcal (20.91%), Fat: 8.89g (13.67%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 43.22g (14.41%), Net Carbohydrates: 38.42g (13.97%), Sugar: 0.85g (0.95%), Cholesterol: 91.95mg (30.65%), Sodium: 446.15mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Selenium: 94.41µg (134.87%), Vitamin D: 13.78µg (91.85%), Iron: 16.42mg (91.21%), Vitamin B3: 16.41mg (82.04%), Phosphorus: 664.5mg (66.45%), Vitamin B6: 1.11mg (55.31%), Manganese: 1.04mg (52.14%), Copper: 0.83mg (41.54%), Potassium: 1257.04mg (35.92%), Vitamin B12: 1.88µg (31.41%), Vitamin B1: 0.43mg (28.52%), Vitamin B2: 0.48mg (28.37%), Zinc: 3.3mg (22%), Fiber: 4.8g (19.2%), Folate: 74.94µg (18.74%), Magnesium: 73.04mg (18.26%), Calcium: 133mg (13.3%), Vitamin E: 1.69mg (11.3%), Vitamin C: 9.24mg (11.2%), Vitamin B5: 1.1mg (11.04%), Vitamin A: 227.87IU (4.56%), Vitamin K: 2.79µg (2.66%)