



PANASONIC CYCLONIC RECIPE | SERVES 1

# MEDITERRANEAN FISH AU PAPILLOTE

Most foodies would cringe at the thought of cooking fish in the microwave but with the Cyclonic, it comes out flavourful, tender and always perfectly cooked.



## Ingredients

- $\frac{1}{4}$  cup zucchini, sliced julienne
- $\frac{1}{4}$  cup fennel bulb, sliced julienne
- $\frac{1}{2}$  garlic clove, thinly sliced
- 5 cherry tomatoes
- 1 sprig thyme, leaves only
- 1 tsp extra virgin olive oil, divided
- Pinch each of salt and pepper
- 4 oz Halibut filet, deboned and skin removed
- $\frac{1}{8}$  tsp Herbes de Provence
- $\frac{1}{4}$  tsp lemon zest
- 1 tbsp dry white wine

## OPTIONAL

- Lemon wedge, for serving
- 2 tbsp Kalamata olives, sliced

## Instructions

- 1 First fold a large piece of parchment paper in half and cut it into the shape of a heart.
- 2 Open the heart like a book, and on one side of the heart, lay down  $\frac{1}{4}$  cup each of julienne zucchini and fennel,  $\frac{1}{2}$  a clove of thinly sliced garlic, the leaves of a sprig of thyme and 5 cherry tomatoes. Sprinkle with a pinch each of salt and pepper and  $\frac{1}{2}$  tsp olive oil. Place the halibut on top and sprinkle that with a pinch each of salt, pepper,  $\frac{1}{8}$  tsp Herbes de Provence,  $\frac{1}{4}$  tsp of lemon zest, 1 tbsp dry white wine and an additional  $\frac{1}{2}$  tsp of olive oil.
- 3 Beginning at the top of the heart, fold the parchment paper around the edges tightly in  $\frac{1}{4}$  inch folds, following the curves of the heart. Once you get to the end, twist the paper to create a tight seal, pop the parchment packet on a microwave safe plate and microwave on HIGH for 4 minutes.
- 4 Carefully remove from the microwave and open the package using scissors.
- 5 Serve topped with 2 tbsp kalamata olives and a lemon wedge on the side.