



MEDITERRANEAN FISH AU PAILLOTE

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

- ¼ cup zucchini, sliced julienne
- ¼ cup fennel bulb, sliced julienne
- ½ 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
- ⅛ tsp Herbes de Provence
- ¼ 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 ¼ cup each of julienne zucchini and fennel, ½ 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 ½ tsp olive oil. Place the halibut on top and sprinkle that with a pinch each of salt, pepper, ⅛ tsp Herbes de Provence, ¼ tsp of lemon zest, 1 tbsp dry white wine and an additional ½ tsp of olive oil.
- 3 Beginning at the top of the heart, fold the parchment paper around the edges tightly in ¼ 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.