



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Parchment Baked Wild Cod

Ingredients

Wild Caught Cod

Beef, Coconut Aminos, Coconut Sugar, Garlic, Ginger, Rice Vinegar, Chicnese Wine, Sambal, Sesame

Roasted Yukon Gold

Produce

Asparagus
Lemon
Tomato
Fennel
Fennel Fronds

Grocery
Parchment

Directions

TIP: Leave the cod in your refrigerator 12-24 hours prior to cooking.

Preheat the oven to 350 and take out baking sheet or large baking dish.

Lay parchment paper on the baking sheet or dish.

Remove ends from the asparagus and place in the center of the parchment, then slice fennel in half, then into thin slices and place on top of the aspaagus. Drizzle with oil, salt and pepper.

Add baked yukons on top, then the cod filet.

Season filet with oil, salt and pepper to taste, plus the juice of half the lemon. Add tomatoes and whole fennel leaves.

Bring long sides of parchment up together then roll until touching the top of the fish. Fold each end under and bake for 20 minutes. Open, squeeze remaining lemon over everything, plate and serve.