



# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## Parchment Baked Wild Cod

### Ingredients

Wild Caught Cod

Roasted Yukon Gold

#### Produce

Brussels

Lemon

Tomato

Fennel

Thyme

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.

Place shredded brussels and fennel in the center of the parchment. Drizzle with oil, salt and pepper.

Add baked yukons on top, then top with the cod filet.

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

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.