

Ingredients:

- 1 roll of parchment paper
- 1 roll of cooking twine
- 4 filets of red snapper or tilapia fish (skin off)
- 8 oz of cherry tomatoes cut in half
- ½ cup of chopped kalamata olives
- 1 sliced lemon
- ½ cup capers
- 2 tablespoons olive oil
- Salt to taste



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Spread 4 pieces of parchment paper out on a work surface. Make sure each piece is large enough to fit one filet on it, with enough paper left to gather and make a pouch around the fish.

Place one filet at the center of each piece of parchment paper. Take all other ingredients, divide them evenly and spread over each filet. Gather the side of the parchment paper up to form a pouch around the fish and tie the pouch closed with twine.

Place all pouches on a cookie tray and bake in a preheated oven at 400 degrees for 10-12 minutes. Cut twine to open each pouch. **BE CAREFUL OF ANY STEAM ESCAPING WHEN YOU DO THIS.** Fish should be cooked through and flakey.