



Tilapia en Papillote

Makes 1 servings

Ingredients

Parchment Paper Heart	1 each
Olive Oil	1 teaspoon
Onion, peeled and cut julienne	2 ounces
Red Bell Pepper, cut julienne	2 ounces
Yellow Bell Pepper, cut julienne	2 ounces
Tilapia Fillet	4 ounces
Salt and Pepper	To taste
Roasted Red Pepper Compound Butter	1 tablespoon

Method of Preparation

1. Gather all ingredients and equipment
2. Preheat oven to 400 degrees
3. Brush olive oil on the inside of the parchment paper heart
4. Toss onions and peppers together, and arrange on the right side of the paper near the fold.
5. Sprinkle the tilapia with salt and pepper and place on top of the onions and peppers.
6. Top the tilapia with compound butter.
7. Fold the left side of the paper over the right side, and crimp the edges together tightly
8. Place the packet on a baking sheet and bake for 20 minutes. The paper should be puffed up and lightly brown
9. Serve immediately. Cut the packet open tableside to allow the aromatic steam to escape.