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Greek Cod in Parchment over Orzo

Serves 4

Ingredients:

4 (6 - 8 oz.) cod filets	1 TBSP red wine vinegar
8 oz. orzo pasta	1 TBSP honey
2 TBSP olive oil	4 garlic cloves, minced
½ red onion, diced	3 TBSP fresh dill, minced and divided
1 red pepper, diced	1 tsp salt, divided
1½ cups frozen cut green beans	½ tsp dried oregano
juice of one lemon	4 TBSP unsalted butter, softened
1 tsp lemon zest	½ cup feta cheese, crumbled

Preparation:

1. Preheat oven to 400°. In a small bowl, whip together the softened butter, 1 teaspoon of lemon zest, 1 tablespoon of fresh dill and ½ teaspoon of salt. Set aside.
2. Boil water in a saucepan and cook orzo according to package directions.
3. Meanwhile, heat 2 tablespoons of olive oil over medium-high heat in a stock pot. Add onion and red pepper and cook for 5 minutes, stirring occasionally. Add green beans and cook for 2 - 3 minutes more.
4. Whisk together the lemon juice, vinegar, honey, garlic, 2 tablespoons of fresh dill, oregano and remaining ½ teaspoon of salt. Add to vegetable mixture. Cook for one minute until garlic is fragrant.
5. Stir in cooked orzo until everything is combined and remove pot from heat.
6. Cut four pieces of parchment (or foil), each about 24 inches long. On each piece, divide the cooked orzo and vegetable mixture evenly, keeping it piled evenly in the center of each piece. Top each pile with 2 tablespoons of crumbled feta cheese. Place a fish filet atop each. Divide butter mixture evenly and spread atop each fish filet.
7. Bring short sides to meet together in the middle over the fish, then roll the long sides up. Place the packets on a sheet pan and bake, on center rack of oven, for 20 - 25 minutes, until fish flakes easily or registers 160 degrees on an instant read thermometer.
8. Allow to rest in packets for 5 minutes before opening and transferring to plates to serve.



Food Fairy Note:

Adapted from: *Greek Foil Packet Fish*, foodtasticmom.com