

Lemon Tilapia Asparagus Parchment Packs

Sometimes the best recipes are the ones that are the easiest. Like this one. It's just a few ingredients, but it comes together fast, and with easy cleanup. In addition to being easy, it's nutritious, and perfect for most diets, be that low calorie or Paleo.

What makes this recipe so good besides the flavor (I'll get to that in a minute) is a technique that is pretty easy. By wrapping your fish and veggies in a parchment pack and then baking it, you're essentially steaming it — and steaming the amazing citrus flavor right into the delicate fish. The flavor comes from a combination of Ava Jane's Kitchen Avocado Oil and a seasoning blend that came with my subscription, called Everyday Blend. It's just that — a delicate blend of citrus and seasonings that compliments a wide variety of foods, from fish to veggies, to eggs, salads, and more.

You can use any type of fish here. Salmon, cod, or any white fish. Just adjust your cook time so that your fish is cooked through. I love the asparagus here, but again, you can swap for green beans, pea pods, or any other crisp veggie that goes with your fish. Use your imagination; it will probably still be delicious.

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Serves 1

Prep time: 15 minutes

Ingredients:

1 bunch asparagus, trimmed
2 tilapia filets
2 tablespoons Ava Jane's Kitchen Avocado Oil
1 teaspoon Everyday Blend
1 lemon, sliced
Colima Sea Salt

Directions:

Preheat oven to 425 degrees F.

Lay half the asparagus on a sheet of parchment paper. Add tilapia filet on top.

Drizzle with a tablespoon of Ava Jane's Kitchen Avocado Oil and season with Everyday Blend.

Lay sliced lemons on top. Add another sheet of parchment on top and roll the edges so that it forms a packet.

Bake for 15 minutes, until fish is tender.

Sprinkle with Colima Sea Salt and serve.