

SUSTAINABILITY

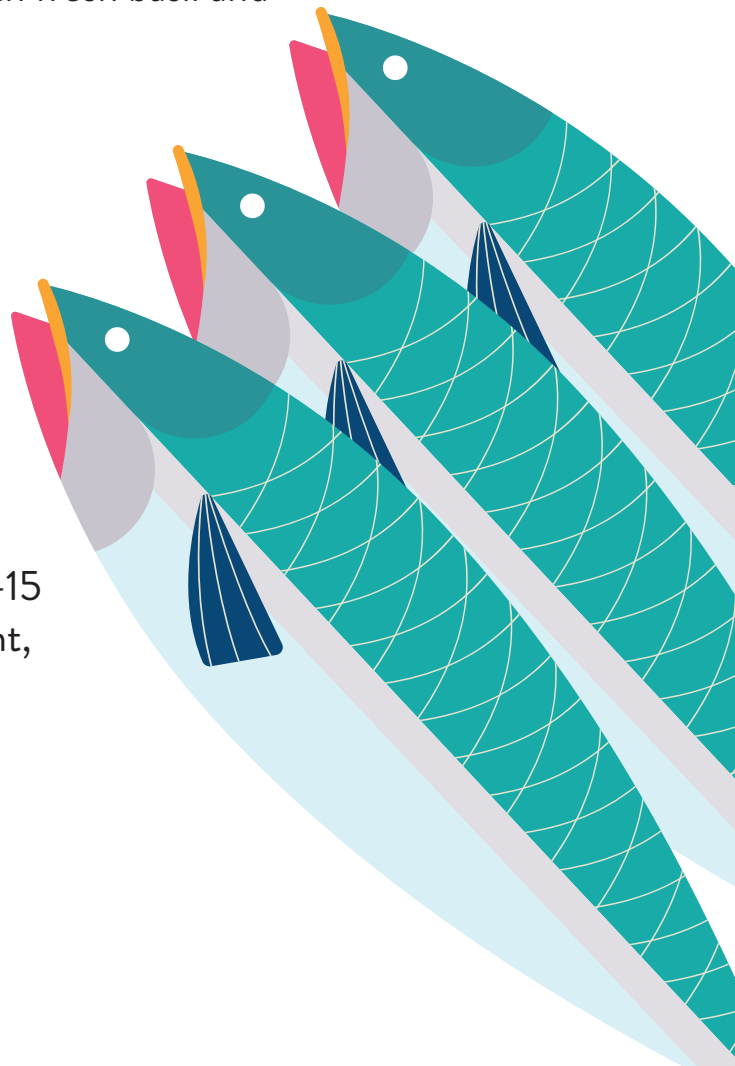
CULINARY TIPS: SUSTAINABLE FISH

MEDITERRANEAN FISH EN PAPILOTE

Cut parchment paper into large hearts. Place fish fillet of choice in the center of half the heart, season with olive oil, salt, and pepper. Add cherry tomatoes, artichoke hearts and kalamata olives. Sprinkle with fresh basil and thyme. Finish with a squeeze of lemon and 1 tsp butter. Fold parchment in half to cover the fish and seal, crimping the edges tightly. Bake for 15-20 mins until fish reaches 145F.

OIL-POACHED SALMON

In a saucepan, combine olive oil, lemon slices, garlic cloves, and a medley of fresh herbs such as dill, thyme, and parsley. Bring the mixture to a gentle simmer. Nestle salmon fillets into the aromatic oil bath, ensuring they are fully submerged. Poach salmon over low heat for ~10-15 mins until just cooked through to 145F. Succulent, flavorful, and melts in your mouth!



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