

Grilled Foil Pack Pacific Cod and Veggies

Adapted from Serious Eats

2 6-ounce Pacific cod filets, or other mild white fish

Kosher salt and ground black pepper

Zucchini, cut into thin rounds

Yellow summer squash, cut into thin rounds

Thin-sliced red onion

Sliced tomato

Crushed red pepper flakes

Olive oil, for drizzling

Dry white wine, for splashing

Thin lemon slices

Sprigs of fresh lemon thyme (or regular)

Preheat the grill (or oven) to 450 degrees. Lay out sheets of heavy-duty aluminum foil for each person. Season the fish with salt and pepper and place a piece of fish on each one. Arrange the vegetables around the fish, top with lemon slices, then sprinkle with red chile flakes and perhaps a bit more pepper if you like. Drizzle a bit of olive oil over all, and splash a bit of wine over it too. Top each packet with a fresh lemon thyme sprig.

Wrap the foil around everything, leaving some head space for steaming, and seal completely. Set packets on the preheated grill (or in oven) and cook for 8 to 10 minutes, depending on thickness of fish.

Remove and CAREFULLY open (it will be steamy hot) to check fish. If done, serve immediately or re-cover and cook a tad more. I chose to also serve some mashed potatoes, but pasta or rice would be great too.