

The Eclectic Cook

Fish with French Herbs and Spring Veggies

Serves 4



Herb Topping

Zest of 1 lemon, finely grated
1 tsp Herbs de Provence
¼ tsp red pepper flakes
½ tsp crushed anise seed
1 tsp kosher salt
1 tsp freshly ground pepper

1 small Vidalia onion, thinly sliced
3 small zucchini, sliced lengthwise
4 pieces firm fish (6 ounces each), such as cod or bass
1 large tomato, seeded and chopped
Extra-virgin olive oil for drizzling, about 1 tbsp per packet

- Preheat oven to 425°F.
- Place about 1 tsp anise seed in a plastic sandwich bag and crush using with something heavy, such as a rolling pin or meat tenderizer.
- Mix ½ tsp of the crushed anise seeds with the lemon zest, Herbs de Provence, red-pepper flakes, salt and pepper.
- Prepare 4 pieces of aluminum foil, folded in half for double thickness and large enough to fold over and crimp closed, about 14 inches.
- On one half of the foil, layer the onions, then the zucchini and season with salt and pepper. Top with the fish and sprinkle with the herb topping. Top with the chopped tomato and drizzle with olive oil. Fold the foil over and crimp to seal.
- Place foil packets on a sheet pan and then into the oven for 20 minutes. Allow the packets to rest for 5 minutes before serving.

Transfer to serving plates or place packets on a plate, cut an opening in the top and serve straight out of the packet with lots of fresh crusty French bread.