

## **Paper Wrapped Tilapia**

with sundried tomatoes, spinach and roasted garlic butter

**SERVES 4**

Preparation time: 20 minutes

Cook time: 15 minutes

### **Ingredients**

4 tilapia filets  
Cooking spray  
8 oz fresh baby spinach, cleaned  
2 oz reconstituted sundried tomato  
2 garlic cloves  
1 shallot, finely chopped  
¼ cup white wine  
2 tsp softened butter  
Parchment paper or tin foil

### **Directions**

Wrap garlic clove in tin foil, place in oven at 400 degrees for about 15 minutes or until tender. When garlic is done remove from oven, finely chop and place in a bowl with the soften butter. Mix together. Prepare parchment paper or tin foil for each fish filet. You will need enough to loosely cover fish, the end product will look boatlike. Spray parchment or tin foil with cooking spray. Place fish in the prepared boats. Add all the ingredients to each fish. Bring foil up to cover fish, but leave a little opening for steam.

Place on grill and cook until fish gets flakey, about 15 minutes. You can also bake this in the oven at 325 degrees for about 20 minutes.

Serve with rice or pasta.

Recipe from the Shark Reef Café and Taste of the Wild Catering Company

ABQ BioPark | Sustainable Seafood Festival 2010