



# Cod and colorful beans “en papillote”

Netherlands | Easy | 30 minutes | 4 servings | Second Dish

*As the signature pulse dish for the Netherlands, this recipe includes fresh ingredients such as cod fish, rosemary, and beans. This light dinner will keep you satisfied with both taste and appearance.*

## Tools and equipment

~ parchment paper

~ kitchen twine

## Directions

- 1 Pre heat the oven to 180°C.
- 2 Mix the beans and carrots and add the crushed garlic.
- 3 Put the cod fillets in the middle of each piece of parchment paper.
- 4 Add salt and pepper and spoon the bean and carrot mix on top.
- 5 Add 25 grams of herb butter, 1 slice of lemon and 2 sprigs of Rosemary to each portion.
- 6 Fold the packages and tie them with kitchen twine.
- 7 Put the packages in the oven and leave for 15 minutes.
- 8 Serve with some bread.

## Ingredients

Dutch brown beans <i>rinsed and drained</i>	300 ml	cod fish fillets	4 units (each 120 gr)
Red kidney beans <i>rinsed and drained</i>	300 ml	fresh herb butter	100 gr
Carrots <i>cooked and chopped</i>	250 gr	lemon	1 unit
garlic <i>crushed</i>	2 cloves	rosemary <i>sliced</i>	8 sprigs
		salt and pepper	
		parchment paper	