

	<p>Project CHEF</p> <p><u>Summer Veggies en Papillote:</u> <u>(Or Veggie Parcels)</u></p>
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Yield: 4 parcels
Preparation Time: About 20 minutes
Baking Time: About 20 minutes

<p><u>Ingredients:</u></p> <ul style="list-style-type: none"> • 16 snap peas • 1 cup (250mL) English peas • 1 small carrot, sliced thinly into rounds • 1 baby zucchini, sliced • 4 knobs of butter • ¼ cup (50mL) fresh herbs, torn to pieces (basil, thyme, chives, parsley, mint, or a mixture) • Pinch of salt and freshly crack pepper • 4 ice cubes 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> • 4 parchment paper or foil squares (about 30 cm square) • Cutting board • Knife • Baking sheet
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Method:

1. Preheat the oven to 190 C (375 F).
2. Place 4 pieces of parchment or foil on your work surface.
3. Trim the snap peas by snapping the stem end and pulling off the stringy thread along the edge. Place 4 snap peas in the centre of each parchment square. Throw out the stringy bits.
4. Split open the English pea pods by twisting the pod and popping the peas right on to the parchment pieces. Make sure each packet gets about the same number of peas.
5. Cut the carrot into thin rounds and place them on the peas.
6. Cut the baby zucchini in half from stem to tip. Place the zucchini flat side down on the cutting board and cut into thin half-moons. Add to the veggies on the parchment.
7. Pile the veggies up in a bump. Place little pieces of butter on top of the veggies.
8. Pull the herb leaves off the stems and compost the stems. Tear the leaves into little pieces on top of the veggies.
9. Sprinkle a little salt and freshly cracked pepper on top.
10. Place 1 ice cube on top of each pile of veggies.

11. Fold the parchment over top of the veggies and fold the edges together. Fold the edges again so no air can escape.
12. Place the packets on a baking sheet.
13. Place the baking sheet in the oven and bake for 15 - 20 minutes.
14. Remove from the oven and place the packets on plates.
15. Snip the packets open with scissors and peel the paper back. *Be careful of hot steam as you open the packet.*
16. Enjoy right away.

Tasty Tip:

- Many different vegetables can be placed in the packets. Try corn, beans, broccoli, cauliflower, leeks, ...