**Fish Hobo Pack**

RECIPE

**INGREDIENTS**

* 20 Swai fillets, 3-5 oz each
* Salt and pepper
* Paprika
* Optional seasonings:

Seasoning salt, basil, dill,

onion powder, garlic powder, dried

lemon peel, lemon slices, thyme, chives,

oregano, parsley

Shrimp in place of Swai

* Quinoa and Kale blend
* Vegetable of choice



**DIRECTIONS**

1. Tear off a large square of aluminum foil. Place ¼ cup Grains & Kale Blend in center of foil.
2. Rinse fish in cold water and pat dry with paper towels.
3. Season both sides of fish with salt, pepper and paprika. Season with optional seasonings if desired.
4. Lay fish on top of Quinoa Blend and place 1 cup of vegetables around the edges of the fish.
5. Seal foil package securely (packages may be frozen if preparing them days ahead).
6. When ready to heat and serve, preheat oven to 350 degrees. Bake fish for 15-20 minutes (if frozen, bake approx. 25 minutes) until fish reaches an internal temperature of 165 degrees.

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| **Prep Time:** 20 minutes | **Cook Time:** 15 minutes | **Total Time:** 35 minutes | **Yield:** 20 servings |