
Low-Glycemic Mediterranean Fish en Papillote with Tomatoes and Olives

Delicate white fish steamed with vibrant tomatoes and briny olives in parchment packets—a blood sugar-friendly meal ready in 20 minutes with zero added sugars.

Prep: 5 min

Cook: 15 min

Total: 20 min

Servings: 4

GL 1.0 / GI 25

Ingredients

4 fillets, skin-on or skinless cod fillets or other white fish

Low GI: 38, high in lycopene and fiber grape tomatoes, halved

Healthy fats slow glucose absorption sliced black or green olives

From one medium lemon fresh lemon zest

May help lower glycemic response fresh lemon juice

Anti-inflammatory properties garlic cloves, minced

Healthy monounsaturated fats extra virgin olive oil

To taste coarse sea salt and black pepper

Instructions

Step 1

Position your oven rack in the center and preheat to 375°F (190°C). Cut four sheets of parchment paper, each measuring approximately 14 inches in length. The sheets should be large enough to fully enclose each fish fillet with vegetables and create a sealed packet.

Step 2

In a medium mixing bowl, combine the halved grape tomatoes, sliced olives, lemon zest, fresh lemon juice, minced garlic, and a generous pinch of salt and pepper. Toss gently to coat all ingredients evenly. Set this Mediterranean vegetable mixture aside while you prepare the fish.

Step 3

Remove the cod fillets from refrigeration and place them on a clean cutting board or plate. Using paper towels, pat each fillet completely dry on both sides—this helps the seasoning adhere and ensures proper cooking. Moisture on the surface can create steam that prevents browning.

Step 4

Drizzle the olive oil over the fish fillets and use your hands to gently rub it into both sides of each piece. Season generously with coarse salt and freshly ground black pepper on both sides. The oil creates a protective barrier and adds healthy fats that support nutrient absorption.

Step 5

Lay out your four parchment sheets on a clean work surface. Place one cod fillet in the center of each sheet, positioning it skin-side down if your fillets have skin. Spoon one-quarter of the tomato-olive mixture over and around each fillet, distributing the vegetables evenly.

Step 6

To seal each packet, bring the long edges of the parchment together above the fish and fold them over twice, creating a tight seam. Then fold in the short ends, crimping and tucking them underneath to create a completely sealed pouch. The packet should be snug but allow some air space for steam circulation.

Step 7

Arrange the sealed parchment packets on a large rimmed baking sheet, leaving space between each one. Bake in the preheated oven for 14-16 minutes, until the fish is opaque and flakes easily with a fork. The internal temperature should reach 145°F (63°C).

Step 8

Remove from the oven and let the packets rest for 2-3 minutes before carefully opening—steam will escape, so open away from your face. Transfer each packet to a dinner plate and serve immediately with additional lemon wedges. For optimal blood sugar control, pair with cauliflower rice, zucchini noodles, or a large mixed green salad instead of starchy sides.