Fish and Wild Rice Bundles
Serves 4

This recipe is very customizable. You can experiment with different types of mushrooms. You can make this with wild rice or a wild rice blend. You can also use any type of fish you have on hand; however, you will need to adjust cooking times if the fish is very thin or thick. You can also make the recipe components ahead of time and put it together just before serving.

2 tablespoons olive or sunflower oil
1 small onion, finely minced
1 tablespoon minced garlic
1-227g package white mushrooms, quartered
1 teaspoon dried crumbled sage or 2 tablespoons chopped fresh sage
1/2 teaspoon ground sumac
4 cups cooked, cooled wild rice (1 cup uncooked wild rice)
Kosher salt and freshly ground black pepper to taste
4 skinned fish fillets, like cod, salmon, trout or haddock
Chopped parsley or chives to garnish

Pre-heat the oven to 425°. Prepare 4 pieces of parchment paper, about 16-inches x 24-inches.

Heat the olive oil in a large skillet over medium heat. Add the minced onion and garlic and cook until fragrant. Add the mushrooms, sage and sumac and cook, stirring, until the mushrooms have rendered a lot of liquid. Turn the heat to high and cook until the liquid is nearly evaporated. Season the mushrooms lightly with salt and pepper set aside to cool.

Spread 1 cup of the wild rice on one side of a sheet of parchment. Lay a portion of fish over the rice and top with a quarter of the mushrooms. Repeat with the remaining portions. Seal the packages and bake on a sheet pan until puffy and browned, about 8-10 minutes. Serve in the papers or carefully transfer the contents to a dinner plate. Garnish with parsley or chives as desired.