

Spring Veggie Packet

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 20 asparagus spears, trimmed
- 12 Dutch baby carrots trimmed, halved or quartered lengthwise, or 4 large carrots, peeled and cut into circles
- 12 baby potatoes, cut into ¼ inch thick circles (preferably different colors)
- 2 cups sugar snap peas
- 1 leek, sliced (white parts only)
- 4 eggs
- 6 garlic cloves, minced
- 2-3 tablespoons [Lemon EVOO](#) *
- 1 teaspoon O&V [Sicilian Dipper](#) *
- 3 teaspoons white wine or vegetable broth
- Salt and pepper to taste
- 4 pats of butter (1 teaspoon each), (replace with vegan butter if preferred)

Preparation

Trim, slice or otherwise prepare all the vegetables. Preheat the oven to 400F.

Create 4 sheets of parchment paper about 15 x 15 inches. Fold each piece in half, starting at the fold, draw a large half heart and cut along the lines. Open the sheet and repeat with the other 3 pieces, creating 4 heart shaped pieces of parchment.

In a large bowl combine the olive oil, Sicilian Dipper, minced garlic, salt and pepper to taste. Add the vegetables one at a time to the bowl of dressing, swish in the dressing and then evenly distribute between the 4 sheets of parchment paper, placing the veggies on the right side of the fold of the paper. Add one teaspoon of white wine to each packet and top the veggies with the pat of butter.

Fold the left half of the parchment paper over the veggies and starting at the top of each heart, make small tight overlapping folds along the outside edge to crimp and seal the packet. Ensure the packet is sealed by stapling the ends if needed.

Bake for 18-20 minutes.

While the vegetables are baking bring a pot of water to boil. Once at a gentle boil, carefully lower the eggs into the water and cook for 8 minutes. Remove from heat and immediately transfer the eggs to a bowl filled with ice cold water for a few minutes.

Remove the parchment packets from the oven, and place on individual plates, Open the packets by cutting the top and place an egg on each. Garnish with cracked pepper and serve immediately.

Serves 4

Active time 20 minutes. Total time 35 minutes

Notes

* The [Lemon EVOO](#) adds nice citrus flavor without adding the acid that will turn the beautiful green veggies brown. You can use an [Unflavored EVOO](#) and a little lemon juice or [Lemon Vinegar](#) if you prefer. The [Sicilian Dipper](#) is a savory, aromatic blend of thyme, oregano, garlic and more and flavors the veggies perfectly. You can use your favorite blend of spices instead.

All highlighted products are available at [Oil & Vinegar](#).

Categories: Entrée, Gluten Free, Dairy Free, Snacks & Side, Easy Entertaining, Quick Lunch, Spring Veggie Packets, Plant Based Vegetarian, Vegan Option, Vegetable Side Dish, Parchment Packet, French Cooking Technique, En Papillote