



Salmon En Papillote

Serves 2

1 courgette, sliced
1 red onion, sliced
2 salmon fillets (6oz./170g each)
½ cup (30g) dill
1 lemon, sliced
2 tbsp. olive oil
salt & pepper

What you need to do

1. Heat the oven to 350°F (180°C).
2. Prepare 2 pieces of baking paper. Each piece should be large enough to create a parcel to fit the salmon and vegetables inside once folded up.
3. Arrange a layer of 8 courgette slices on each piece of paper. Cover the courgette with the sliced onion. Drizzle each serving with 1 tablespoon of olive oil, and season to taste with salt and pepper.
4. Next place one salmon piece on top of the vegetables, and season with salt and pepper.
5. Top with the dill, and cover with a layer of sliced lemon.
6. Seal the parchment paper well by folding the ends over each other to form a parcel.
7. Bake for 18-20 minutes, or until cooked through. Place the entire packet on each plate, tear the parchment paper to open and serve immediately.

GF DF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	409	25	10	36

*Nutrition per serving

