Salmon Parcels with Courgette & Leek

Salmon marinated briefly in lime, then baked over a bed of vegetables in a sealed parcel.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**15 min**	**30 min**	**2**	**EASY**

Ingredients

- 220 g salmon fillet
- 30 ml lime juice
- 1 cup courgette (sliced, skin on)
- 1 small carrot (sliced)
- 1 small onion (sliced)
- 1 portion leek (sliced)
- 2 tsp fresh dill
- 1 tsp sea salt

Method

1. Heat the oven to 220°C (fan 200°C). Season the salmon with salt, pepper and lime juice, and chill for 10 minutes.
2. Toss the courgette, carrot, onion and leek with salt and pepper.
3. Lay the vegetables over a large sheet of baking parchment and top with the salmon.
4. Fold the parchment into a sealed parcel.
5. Bake for about 15 minutes without opening.
6. Open carefully and serve straight from the parcel.

Tips & swaps

- The vegetables should be sliced thinly so they cook through in the same time as the salmon.

Storage & reheating

Best eaten fresh from the parcel.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**30g**	**10g**	**19g**	**3g**

Estimated values, for guidance only. Contains: Fish.