



SALMON EN PAPILOTE

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

DIRECTIONS

INGREDIENTS

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

1. Heat the oven to 350°F.
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 zucchini slices on each piece of paper. Cover the zucchini 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.

NUTRITION INFO

Calories: 409 kcal Fats: 25g Carbs: 10g Protein: 36g