



Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Mediterranean Salmon Parcels

Salmon baked in a parcel with cherry tomatoes, capers, lemon and butter and served with golden herb wedges and finished with fresh dill.



30 minutes



2 servings



Fish

Switch it up!

Add olives, feta cheese or extra vegetables such as leek and zucchini to the parcels to switch it up!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	21g	44g

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
CHERRY TOMATOES	1 packet (200g)
BABY CAPERS	1 jar
SALMON FILLETS	1 packet
DILL	1 packet
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried oregano, baking paper

KEY UTENSILS

2 oven trays

NOTES

You can add the parcel ingredients to an oven dish and cover before baking instead of making individual parcels.



1. ROAST THE WEDGES

Set oven to 220°C.

Wedge potatoes and toss with lemon zest, **1/2 tsp oregano, oil, salt and pepper** on a lined oven tray. Roast for 25–30 minutes or until golden and cooked through.



4. WRAP THE PARCELS

To wrap each parcel, bring long sides of the paper together, fold over and place short sides underneath to seal. Place parcels on a second oven tray and bake for 10–15 minutes or until the salmon is cooked through.



2. PREPARE THE INGREDIENTS

Slice 1/2 lemon (wedge remaining) and halve tomatoes. Drain capers (use to taste).

Coat salmon fillets with **1/2 tsp oregano, salt and pepper**.



3. ASSEMBLE THE PARCELS

Place 2 large sheets of **baking paper** on the bench (see notes). Arrange even amounts of tomatoes and capers on each piece. Top with salmon fillets, lemon slices, **1/2 tbsp butter** and a sprig of dill.



5. FINISH AND SERVE

Divide wedges, fish parcels and mesclun leaves among plates. Garnish with fresh dill and serve with lemon wedges.



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