





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.





4 servings



Fish

Switch it up!

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

FROM YOUR BOX

MEDIUM POTATOES	800g
LEMON	1
CHERRY TOMATOES	1 packet (200g)
BABY CAPERS	1 jar
SALMON FILLETS	2 packets
DILL	1 packet
MESCLUN LEAVES	1 bag (120g)

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.

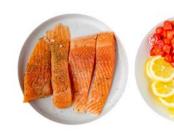




1. ROAST THE WEDGES

Set oven to 220°C.

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



2. PREPARE THE INGREDIENTS

Slice <u>1/2 lemon</u> (wedge remaining) and halve tomatoes. Drain capers.

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



3. ASSEMBLE THE PARCELS

Place 4 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.



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.



5. FINISH AND SERVE

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

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



