

BAKED SALMON STEAK PARCELS

I LOVE THE SIMPLE FLAVOURS OF THIS DISH AND THE FACT THAT IT'S SERVED IN THE PARCHMENT PARCEL IT'S BAKED IN. IT'S A BIT OF A NOVELTY TO HAVE YOUR GUESTS UNWRAPPING THEIR PARCELS THEMSELVES.



METHOD

PREPARATION TIME: 10 MIN

COOKING TIME: 25 MIN

SERVES 2

- 2 x 250g salmon steaks
- smoked sea salt and freshly ground black pepper
- 2 pieces of parchment, 40x40cm
- 250g cherry tomatoes
- 1 small onion, halved and sliced
- 1 yellow pepper, sliced
- 30ml chopped fresh dill
- 30ml melted butter
- 1 lime, halved

Preheat the oven to 200°C. Season the salmon steaks with salt and pepper and place each one on a large sheet of parchment that's been laid out on a baking tray. (If you don't have parchment, you can use tin foil. Parchment is just prettier.)

Top with the tomatoes, onion slices, yellow pepper and a sprinkle of dill. Drizzle the butter and a squeeze of half a lime over each. Fold the parchment over and seal the edges tightly.

Making sure the parchment parcels don't touch the top grill element, place in the oven and bake for 15 minutes until cooked. (The fish should flake when touched and still be pink inside.) Place each parcel on a warmed dinner plate and serve with a salad or mash, or both.

