

SALMON A PAPILOTE WITH FENNEL

SERVES 4 / PREPARE 15 MINS / COOK 15 MINS

Ingredients

- 4 Wild or organic salmon fillets (100g each)
- 1 tbsp Refined olive oil
- 2 Bulbs of fennel
- 8 Sprigs parsley
- 20 Asparagus tips (when in season)
- Salt & pepper (to taste)

Instructions

Pre-heat the oven to 190C.

Peel the tough outer layer of the fennel. Shave the fennel with a mandolin or sharp knife and set aside.

Cut a 40cm baking parchment square and put a quarter of the fennel on one side, place the fish on top (skin-side down) and top with some asparagus tips, a slice of lemon and a sprig of parsley. Drizzle a little olive oil over the fish and fennel, fold the empty side of the paper over and seal the edges by making small tight folds on all three sides.

Put on a baking tray and into the oven for 12-15min. The parcel will puff up as the fish steams. Take care when you open the parcel as it will release very hot steam.

Serve the parcels unopened with a quinoa tabbouleh or a baby spinach salad.

When asparagus are not in season you can use green beans and instead of fennel you can try spinach. Delicious too!



Nutrifacts



Parsley contains VITAMIN C, an antioxidant which also helps support the immune system, VITAMIN K, which promotes blood coagulation and healthy bones, and certain ANTIOXIDANTS that may help reduce inflammation,

Fennel is also high in VITAMIN C, to support immunity, FOLIC ACID needed for red blood cell production and POTASSIUM that helps maintain healthy blood pressure.

Salmon is a good source of protein as well as anti-inflammatory omega-3 fatty acids. Salmon is a great source of B VITAMINS needed for energy production, growth and detoxification among other things. It also contains PHOSPHOROUS for bone health and the powerful antioxidant SELENIUM.

Asparagus are high in VITAMIN C, FOLIC ACID and GLUTATHIONE a powerful antioxidant.