

Norwegian Salmon en Papillote

20 minutes



Salmon en papillote is a classic French technique for preparing fish, but don't let the name scare you, it's a fast and super healthy way to enjoy Norwegian Salmon.



INGREDIENTS:

- 6 oz Norwegian salmon filet per person, an easy rule of thumb is the piece should roughly fit in the palm of your hand
- 1 tsp olive oil
- 1 tsp Dijon mustard
- 1 tsp capers, drained
- 1/4 tsp Italian seasoning
- 3 thin lemon slices
- 6 asparagus spears, trimmed (or 1/4 C broccoli florets)
- 2 button mushrooms, thinly sliced
- 12" piece of parchment paper

SERVES: 1 **SEASON:** All **METHOD:** Bake

DIRECTIONS:

- 1) Preheat oven to 450. While the oven preheats, place salmon, skin side down on the right half of the parchment paper.
- 2) Drizzle olive oil, Dijon mustard and capers over salmon. Add sliced mushrooms, Italian seasoning, a pinch of kosher salt and pepper, and top salmon with 3 thin slices of lemon. Lay rinsed asparagus spears to the left side of the salmon.
- 3) Next, fold left half of parchment paper over salmon and working from one end, make small folds to enclose the salmon, overlapping folds as you go. Press last fold tightly to seal. Place packet on a cookie sheet and bake for 15-17 minutes.
- 4) *TIP* You can use almost any vegetable in this recipe, use what's in season, zucchini, snap peas, cherry tomatoes, shiitake mushrooms. Be creative!

SERVING SUGGESTIONS:

- We love to eat this with couscous which takes exactly 5 minutes to make.



Norwegian Salmon. Surprisingly Simple.

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