



Salmon parcels with shiitake mushrooms

Prep: 20 minutes • Cook: 40 minutes • Serves: 4



Ingredients

2 cloves garlic, peeled and crushed, grated or finely chopped
1 tablespoon runny honey
6 tablespoons dry white wine (use 3 tablespoons of lemon or lime juice, plus 3 tablespoons of water if preferring to avoid alcohol)
1 teaspoon Worcestershire sauce
2 teaspoons finely chopped dill
2 teaspoons extra virgin olive oil
A little vegetable oil for greasing
150g shiitake mushrooms, finely sliced
2 heads pak choi, cut in half vertically and then finely sliced horizontally
1 banana shallot, peeled and finely chopped
4 thick 100g size salmon fillets of equal thickness (not the thin tail end), skin and any small bones removed

To serve

200g new potatoes

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **17.6g**
Low protein ✗
Low salt ✓
Cost per portion (June 2022) **£3.24**
Energy in kcals **374**

- 1** Preheat the oven to 180 °C/160 °C fan/ gas mark 4 and boil your new potatoes until tender (these usually take about 18 to 20 minutes, depending on their size).
- 2** To make the sauce: mix together the garlic, honey, wine, Worcestershire sauce, dill and olive oil.
- 3** Lay out four rectangles of foil (about 34x24cm) and then place a piece of baking parchment, a little smaller in size, on top. Divide the mushrooms equally between the parcels, placing them in a pile in the centre of each one.
- 4** Pile the pak choi on top of the mushrooms, then sprinkle the shallot on top, again divided equally between the four parcels. Drizzle a tablespoon of the sauce on each pile of vegetables, then place the salmon fillets on top.
- 5** Fold up the foil and baking parchment around the salmon so the vegetables are all enclosed, but the salmon is left exposed. Scrunch the foil so the parcel stays in place, then place all four parcels together in an oven-proof dish. Pour the remaining sauce equally over the pieces of salmon.
- 6** Put the parcels in the oven to bake for 18 minutes. Once cooked, the salmon can be served in the parcels, with the new potatoes on the side.