



ASPARAGUS AND SALMON PARCELS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 15-20 mins

Serves: 2

INGREDIENTS

- 2 salmon fillets, skin on
- 2 small zucchini, sliced lengthwise thinly
- 1 small red onion, roughly chopped
- 1 cheek of red capsicum, cut into 1cm strips (deseeded)
- 1 bunch asparagus, trimmed
- red or green chilli optional, sliced lengthwise
- juice and zest of 1 lemon
- 1/2 tsp pink rock salt
- ground black pepper
- ¼ cup chopped coriander leaves
- 1 tbsp olive oil



METHOD

- Preheat oven to 200°C
- In a small bowl, combine lemon juice and zest, salt, pepper, coriander and olive oil.
- Lay out 2 pieces of baking paper out, about 30cm x 50cm. Or bake each one wrapped up and placed in a loaf tin.
- On the base of the paper lay zucchini slices, onion, asparagus and capsicum.
- Place salmon fillet on top, skin down, lay chilli on top if using.
- Pour lemon mixture over the top.
- Bring sides of paper up to the middle, fold over twice, and roll up the ends to secure.
- Place in a baking dish in over and bake for 15-20 minutes until cooked.
- Serve