


Salmon en Papillote



Featured Greenhouse Ingredients:
Bok Choy and Asparagus

 20-30 minutes



Salmon en papillote, or salmon in parchment paper, is a healthy and easy recipe ready in just 20-30 minutes! This method uses parchment paper to steam and cook the fish, keeping it juicy, moist, and full of flavor. By combining salmon with baby potatoes, asparagus, zucchini, tomatoes, garlic, baby bok choy, and basil, you'll create a dish with bright, bold flavors that's both light and satisfying.

INGREDIENTS

- 4 (8 oz) salmon fillets
- 16 oz baby potatoes (par-boiled for 15 minutes and sliced)
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 8 oz cherry tomatoes, halved
- 4 large basil/rosemary leaves or sprigs
- 8 oz asparagus, chopped
- Slices of garlic cloves
- 4 pats of butter (1 oz each)
- A splash of white wine for each fillet



NOTES

- **Optional:** Feel free to substitute vegetables to your liking. However, If you are using mushrooms sauté them beforehand to reduce excess water content.
- All of our recipes are sugar-free and gluten free!
- *sourced from the Greenhouse Garden

DIRECTIONS



1. Preheat the oven:

Set your oven to 425°F (220°C).

2. Prepare the salmon:

Pat the salmon fillets dry with paper towels and season as desired. I typically use garlic, lemon pepper or lemon zest, olive oil, dried oregano, and a pinch of salt and pepper. Set the fillets aside.

3. Assemble the parchment packets:

Cut four 12x16-inch sheets of parchment paper. Fold each sheet in half vertically, then open it up. On one half, layer the sliced potatoes and vegetables. Top with a piece of salmon. Sprinkle with salt and pepper, add a pat of butter, and drizzle a few drops of white wine. Finish with a basil leaf.

4. Seal the packets:

Fold the parchment paper over the salmon and vegetables. Crimp and fold the edges together in a rolling fashion to seal the packet. It's okay if there's a slight opening, as the steam will need room to expand.

5. Bake or grill:

Place the parchment bundles on a baking sheet and transfer directly to the oven grates and bake in the preheated oven for 15-25 minutes, depending on the thickness of the salmon and your preferred doneness.

Grilling option: You can also grill the packets over indirect heat—turn on the outer burners and place the bundles in the center of the grill. The parchment will brown, adding a smoky flavor (my favorite method).

6. Rest and serve:

Remove the packets from the oven (or grill) and let them rest for 5 minutes. Carefully pierce each packet to release the steam, then cut the parchment open near the rolled edges. Serve directly on plates by placing a fork on each side of the of parchment paper and roll backwards to tuck the parchment under the vegetables.

This presentation is amazing and will delight your guests. Enjoy this light and flavorful meal!