


# Dilled salmon with leek parcels

Baking fish with vegetables in the same foil package means minimal cleanup. Just mash some potatoes to go with it, and dinner's done.

Apr 1, 2009 Chatelaine  0

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★ ★ ★ ★ ★ ( 2 ratings )

Preparation time: 5 minutes Baking Time: 25 minutes Makes:

2 Servings



# Yvonne Duivenvoorden

## Ingredients

- 1 bunch leeks
- 2 tsp (10 mL) butter
- Generous pinches of tarragon and salt
- 2 salmon fillets , preferably skinless
- 2 tsp (10 mL) Dijon mustard
- 1/2 tsp (2 mL) dried dill

## Instructions

Preheat oven to 450F (230C). Slice dark-green tops and root ends from leeks. Discard. Slice leeks in half lengthwise. Fan out and rinse under cold running water to remove any grit. Then slice leeks lengthwise again, forming quarters. Place 2 pieces of foil, each about 12 in. (30 cm) long, on counter. Lay half the leeks in centre of each piece of foil. Dab 1 tsp (5 mL) butter on each pile of leeks. Generously sprinkle with tarragon and salt. Top each pile with a salmon fillet. Spread with Dijon, then sprinkle with dill.

Seal foil edges together to form packages. Set on a baking sheet. Bake in centre of oven for 25 min. Then transfer sealed packages to dinner plates to be opened at the table. Wonderful with rice or creamy mashed potatoes.

## Nutrition (per Serving)

Protein	42 G
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Fat	26 G
Carbohydrates	14 G
Sodium	228 Mg
Fibre	2 G
Calcium	89 Mg
Calories	460