



## SALMON PARCELS WITH KIPFLER POTATOES

**Prep + cook time: 50 minutes Serves: 2**

### Ingredients

- 300g (9½oz) kipfler (fingerling) potatoes, sliced thinly
- 1 small red onion (100g), cut into thin wedges
- 1 tablespoon extra virgin olive oil
- ½ medium lemon (70g), sliced thinly
- 1 small tomato (90g), sliced thinly
- 2 x 180g (5½oz) skinless boneless salmon fillets
- 2 teaspoons baby capers
- 1 teaspoon fennel seeds
- 100g (3oz) baby spinach leaves
- ¼ cup fresh flat-leaf parsley leaves

1. Preheat oven to 200°C/400°F.
2. Combine potato and onion in a roasting pan; drizzle with half the oil. Roast for 30 minutes or until browned lightly and tender.
3. Meanwhile, arrange lemon and tomato on two 30cm (12in) square pieces of baking paper. Top with salmon, capers and fennel seeds; drizzle with remaining oil. Fold paper into a parcel to enclose salmon; place on an oven tray. Bake for 8 minutes or until salmon is cooked as desired.
4. Serve salmon parcels with potato and onion; top with spinach and parsley.

### Tips

Baking the salmon in a parcel locks in all the flavours, juices and steam to give a moist and flavoursome result. You could try using firm white fish fillets or even chicken breast instead of salmon. The cooking time will vary depending on the thickness of the cut.

