

Salmon Wellington



Servings:

2-4

Prep Time:

20 minutes

Cook Time:

25 minutes

Ingredients

- 1 tbsp **Butter**, melted
- ½ tsp **Minced Garlic**
- 1 **Lemon**, zested
- ½ tsp **Salt**
- ½ tsp **Pepper**
- 1 tbsp **Fresh Dill**
- 2 tsp **Olive Oil**
- 4 cups **Baby Spinach**
- 2 tsp **Minced Garlic**
- 3 tbsp **Grated Parmesan Cheese**
- 1 **Egg**
- 1 tsp **Water**
- 10 oz **Puff Pastry**
- 2 8 oz **Salmon Fillets**

Method of Preparation

Step 1

Preheat oven to 400°F. Line a baking sheet with parchment paper and lightly spray with pan release.

Heat oil in a pan. Add spinach in handfuls and cook until wilted. Add garlic and cook for 1 minute.

Stir in parmesan cheese until melted. Remove from heat and set aside.

Step 2

Mix the melted butter, minced garlic, lemon zest, salt, pepper and dill together.

Place the puff pastry on the parchment lined sheet pan.

Step 3

Brush the tops of the salmon with the mixture. Then place each salmon fillet butter side down in the center of the pastry.

Step 4

Spoon the spinach and cheese mixture on the top of each salmon fillet.

Step 5

Brush the puff pastry with an egg wash, then fold each side.

Carefully flip the salmon over so the folded side is underneath.

Step 6

Score the tops of the pastry with a knife and brush with the egg wash.

Bake for 20-25 minutes or until pastry is flaky and golden brown.

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