



Baked Salmon

Ingredients

- 250g leeks (about 3 small), thinly sliced
- 85g mascarpone cheese
- 1 tbsp fresh dill, chopped (plus 1 tsp extra for garnish)
- 2 skinless salmon fillets
- ¼ lemon, zested
- Lemon juice (a generous squeeze)
- 2–3 tsp capers
- Wilted spinach, to serve (optional)
- Salt and black pepper, to taste

Instructions

Step 1 – Preheat and Prep:

Preheat the oven to 200°C (180°C fan) or gas mark 6. Place two large sheets of baking parchment on your work surface—big enough to wrap each salmon fillet.

Step 2 – Cook the Leeks:

In a saucepan, add the sliced leeks with 6 tablespoons of water. Cover and bring to a boil. Cook for about 5 minutes until the leeks are tender and the water is absorbed. Stir in the mascarpone, 1 tablespoon of dill, and a pinch of salt and pepper.

Step 3 – Assemble the Parcels:

Spoon half of the creamy leek mixture onto the center of each parchment sheet. Place a salmon fillet on top of the leeks. Sprinkle each with lemon zest, a squeeze of lemon juice, capers, and the remaining dill.

Step 4 – Wrap the Salmon:

Bring the parchment up and fold the edges together securely down the middle, then fold in the ends to form a sealed parcel. Place the wrapped parcels on a baking sheet, spaced apart.

Step 5 – Bake and Serve:

Bake in the preheated oven for 12–15 minutes, depending on your preferred doneness. Carefully open the parchment (watch out for steam). Serve immediately with lemon wedges and optional wilted spinach on the side.

Pro Tip

For extra flavor, add a splash of white wine to the leeks while cooking. You can also substitute mascarpone with cream cheese or Greek yogurt for a lighter twist.

