

Salmon with Summer Veggies and Potatoes Recipe

Serves 4

Ingredients:

4 (6 oz) salmon fillets, skin removed
8 lemon slices
1 cup flat leaf parsley sprigs
1 cup zucchini, cut into matchsticks
1 cup leeks (white part only) cut into thin slices
½ cup cherry tomatoes, cut in half
4 small cooked new potatoes, quartered
4 tbsp olive oil
4 tsp fresh lemon juice
4 tsp capers
Salt and pepper to taste
¼ cup fresh dill, minced
1 roll parchment paper or aluminum foil

Directions:

Cut 4 (15x30) pieces of parchment paper. Fold it in half and cut out a large half circle, almost like you are cutting a heart shape when opened.

Pierce potatoes with a fork and cook in microwave for 4-5 minutes until soft.

Open the parchment paper like a book. On one side place 2 sprigs of parsley in the center of the paper, and add lemon slices on top. Place fillet on top, nestle zucchini, leeks, tomatoes, and cooked potatoes in and around the fish.

Top fish with 1 tsp of olive oil and 1 tsp of lemon juice. Sprinkle top with salt and pepper to taste, 1 tsp of capers, and 1 tbsp of dill.

Fold the parchment paper over the fish (like a book). Working from one side, fold over the two sheets, (making a small fold) then folding that over itself and continuing along the perimeter until the packet is completely sealed closed.

Place the 4 packets on a baking sheet and roast fish for 10-12 minutes until fish is thoroughly cooked through.

Serve fish in the parchment paper bottom, cutting off the tops. Garnish with a fresh lemon wedge and a sprig of dill on top of the fish.