



Lemon Herb Salmon in Parchment Paper with Herb Sauce

400°F

Parchment paper cut into 12-in circles/ Cut into a heart (1 per person)

Baking sheet

7 oz (per person)

salmon fillets, skinned
unsalted butter, melted
sea salt
freshly ground pepper
lemon slices, thin
fresh dill

1. Fold each parchment heart in half. Brush the paper with melted butter. Place salmon on part of the half and season with salt and pepper. Place lemon slices and fresh dill on top of salmon.
2. Fold the other half of the paper over the salmon to enclose. Seal the package by folding over the edges twice and creasing to seal or using a piece of tape. Place on a baking sheet and bake for 10-15 minutes. The fish should be firm but not hard with lightly touched.

Herb Butter Sauce

Yield 1/2 cup

1/2 cup unsalted butter, melted
2 tsp freshly chopped herbs, (Dill, Tarragon etc)

Blend butter and herbs together. Drizzle on top of cooked Salmon.