



Recipe from BigFish Brand™ Lemon and Pepper Salmon En Croûte

A tasty supper dish, quick to make using pre-prepared puff pastry. You can use frozen or fresh pastry – if using frozen defrost overnight in the fridge beforehand or in the microwave according to the packet instructions. BigFish™ Brand salmon fillets do not require defrosting before cooking and can be used in this recipe straight from the freezer.

Serve with steamed vegetables or a salad for a nutritionally balanced and delicious family meal.

Preparation time: 15 minutes

Cooking time: 10-15 minutes

Serves two

Ingredients

2 BigFish Brand™ Lemon and Pepper Fillets

100g spinach, roughly chopped

1/4 lemon, zested

70g soft cream cheese

1/4 tsp nutmeg

Salt and pepper to season

175g puff pastry

1 egg yolk



Tip! To get a crisp puff pastry, you should make sure the oven is properly hot before putting the pastry in and don't open the oven door until the cooking time is complete.

Method

1. Pre-heat your oven to 200°C/Gas mark 6
2. Bring a small pan of water to the boil and blanch the spinach for one minute. Drain and squeeze out and excess water.
3. Now add the lemon zest for an extra zing, then the cream cheese and nutmeg. Season with a pinch of salt and pepper and mix together. Leave to one side.
4. Dust a non-stick surface or tray with flour. Roll out the puff pastry and cut into two rectangles, each one approximately twice as big as each of your salmon fillets.
5. Place one of the lemon and pepper salmon fillets into the middle of the pastry and top with half of the spinach mixture. Fold over the remaining pastry to cover, before trimming any excess. Crimp the edges using your finger or a fork, gently pressing together. If the edges don't stick, use a little water.
6. Repeat with the second salmon fillet and remaining ingredients before placing on a baking tray. Use any excess pastry to decorate before lightly brushing with egg yolk.
7. Use a sharp knife to make a couple of small few holes in the top of each one so steam can escape as it cooks.
8. Cook in the oven at 200°C until the pastry is golden (20-25 minutes depending on your oven).