

DINNER

Roasted Salmon and Leeks in Phyllo Packets

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$4.62	434 kcal

Need a dairy free and pescatarian main course? Roasted Salmon and Leeks in Phyllo Packets could be a spectacular recipe to try. This recipe serves 4 and costs \$4.62 per serving. One serving contains 434 calories, 39g of protein, and 14g of fat. From preparation to the plate, this recipe takes roughl...

Ingredients

- ☐ 0.1 teaspoon freshly ground black pepper
- ☐ 2 teaspoons minced fresh tarragon
- ☐ 2 teaspoons fresh lemon juice, divided
- ☐ 12 sheets 12 (18 x 14-inch) sheets frozen phyllo dough, thawed and divided
- ☐ ½ teaspoon salt, divided
- ☐ ½ cup (2-inch) julienne-cut carrot
- ☐ ½ cup (2-inch) julienne-cut leek
- ☐ 4 lemon wedges
- ☐ 24 ounce salmon fillets (about 1 inch thick)

EQUIPMENT Bowl, Baking sheet, Oven, Cutting board

Method

- 1 Preheat oven to 40
- 2 Cook leek and carrot in boiling water 1 minute; drain.

- 3 Combine leek mixture, tarragon, and 1/4 teaspoon salt in a small bowl, tossing gently.
- 4 Sprinkle salmon evenly with remaining 1/4 teaspoon salt and pepper.
- 5 Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to prevent drying); lightly coat with cooking spray. Repeat layers twice, ending with phyllo. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray. Arrange 1/4 cup leek mixture along center of 1 short edge of phyllo, leaving a 4-inch border; top with 1 fillet.
- 6 Drizzle with 1/2 teaspoon juice. Fold long edges of phyllo over fish.
- 7 Starting at short edge with 4-inch border, roll up jelly-roll fashion.
- 8 Place wrapped fish, seam side down, on a baking sheet coated with cooking spray. Lightly coat wrapped fish with cooking spray. Repeat procedure with remaining phyllo, cooking spray, leek mixture, salmon, and juice.
- 9 Bake at 400 for 15 minutes or until lightly browned, and let stand 5 minutes before serving.
- 10 Serve with lemon wedges.

Nutrition per serving

434	39 g	14 g	35 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.5 g · 16% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			1.8 g · 2% of daily needs
Sodium			655 mg · 28% of daily needs
Cholesterol			93.6 mg · 31% of daily needs
Vitamin C			13.3 mg · 16% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-salmon-and-leeks-in-phyll-packets-147867