



WHATSheATE



Salmon & watercress parcels

READY IN



40 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g butter
- ☐ 5 tbsp olive oil
- ☐ 0.5 crème fraîche
- ☐ 2 lemon zest
- ☐ 8 sheets dough
- ☐ 900 g salmon boneless skinless cut into 1cm pieces
- ☐ 100 g watercress chopped

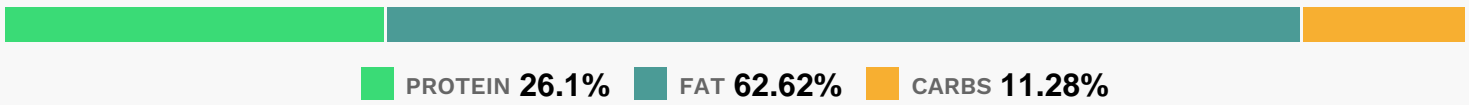
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Melt butter in a pan, then stir in oil.
- ☐ Mix together the crme frache and lemon zest. Unwrap the pastry and loosely cover with damp kitchen paper.
- ☐ Place a sheet of filo on your work surface, then cut it in half to make 2 squares.
- ☐ Brush 1 square with some butter mix, then top with the other square.
- ☐ Divide the salmon into 8 portions, and arrange a portion at one end of the pastry, leaving a 2cm gap around the edges. Scatter over some watercress, crme frache and seasoning. Fold up edges to enclose the filling. Repeat for other parcels.
- ☐ Bake or wrap in cling film or freezer bags and freeze.
- ☐ To cook straight away, heat oven to 190C/170C fan/gas
- ☐ Place the parcels on a lightly greased baking sheet, seam side down, and brush with butter mix.
- ☐ Bake for 20-25 mins until the pastry is crisp and salmon cooked through. To cook from frozen, heat oven to 180C/160C fan/ gas
- ☐ Place the parcels on a baking sheet and cover with foil.
- ☐ Bake for 35 mins, then remove the foil and increase the temperature to 220C/200C fan/gas
- ☐ Brush with butter mix and bake for 20 mins more until golden.
- ☐ Serve with boiled new potatoes and broccoli.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.7, Inflammation Score:-6, Nutrition Score:20.519565032876%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 372.3kcal (18.61%), Fat: 25.67g (39.49%), Saturated Fat: 8.06g (50.39%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.82g (3.57%), Sugar: 0.13g (0.14%), Cholesterol: 84.76mg (28.25%), Sodium: 215mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.14%), Selenium: 45.72µg (65.32%), Vitamin B12: 3.6µg (59.93%), Vitamin B3: 9.65mg (48.26%), Vitamin B6: 0.94mg (47.25%), Vitamin K: 37.74µg (35.94%), Vitamin B2: 0.51mg (30.13%), Phosphorus: 249.53mg (24.95%), Vitamin B1: 0.37mg (24.65%), Vitamin B5: 1.98mg (19.85%), Potassium: 611.68mg (17.48%), Copper: 0.31mg (15.57%), Vitamin A: 710.53IU (14.21%), Folate: 46.49µg (11.62%), Vitamin E: 1.65mg (11%), Magnesium: 38.54mg (9.64%), Iron: 1.6mg (8.88%), Vitamin C: 7.31mg (8.86%), Manganese: 0.14mg (6.95%), Zinc: 0.84mg (5.6%), Calcium: 35.3mg (3.53%), Fiber: 0.58g (2.33%)