



Leeky salmon in a parcel

Assemble the parcels a few hours ahead, zap in the microwave, and that's supper ready

Ready in 15-2 mins

Easy

Serves 2

Ingredients

2 salmon fillets, 140g/5oz each
1 medium or 2 small leeks, about 200g/8oz in total
50g frozen petits pois
4 heaped tbsp crème fraîche, plus 2 tbsp to serve
1 tbsp chopped fresh tarragon

Method

Season the salmon fillets all over. Slice the leeks really thinly. Cut two 40cm square sheets of greaseproof paper and put a fillet in the middle of each sheet. Top each fillet with leeks and peas, and 2 tbsp of crème fraîche. Sprinkle with tarragon and salt and pepper. Make up parcels with the paper and stand them on a microwave-proof plate or tray. [Microwave](#) on full power for 5 minutes. Put the contents of the parcels on two plates and top each serving with a spoonful of crème fraîche. Serve with new potatoes.

Recipe from Good Food magazine, [March 2004](#)

Recipe Tip:

COOKING IN THE OVEN

If you prefer to cook the parcels in the oven, they will take 15 minutes at fan 170C/ conventional 190C/ gas 5.

Tip: “Made this again this evening and used leeks, peas and courgettes. My 7 year old has declared this to be his favourite dinner. It is so easy that he can make it on his own, which he loves doing, especially as he can make it for his friend too”.