

# Lemon & dill salmon parcel

(Serves 1)

## Ingredients

- 5 sprays Olive oil spray
- 130g Salmon fillets
- 1/8th tsp Salt, reduced sodium
- 1 tsp Oil, olive, napolini
- 1 Lemon - zest & juice of
- ¼ tsp Dill, dried
- 1 Garlic clove, crushed
- 80g Courgettes, baby, sliced
- 80g Onion, red, diced
- 80g Tomatoes, cherry, whole

## Preparation

1. Pre-heat oven to 200°C/400°F/Gas mark 6 (180°Fan).
2. Cut a large piece of baking foil & open it out.
3. Spray centre of foil with olive oil spray.
4. Lay salmon skin side down in centre of foil.
5. Season with salt.
6. Pour oil, lemon juice & zest into a bowl.
7. Add dill & garlic clove & mix together.
8. Toss in the courgettes, onion & cherry tomatoes & coat.
9. Remove vegetables with a scoop & drop in foil around salmon.
10. Pour remaining liquid over salmon.
11. Bring sides of foil together & seal to form a parcel.
12. Transfer to oven. Bake for 15 minutes. Remove & leave to stand for 5 minutes.
13. Carefully open the foil. Serve immediately.

**TOP TIP:** This is one of the quickest meals you will ever make. You can also pre-prepare it & leave foil parcel to marinate.

## NUTRITIONAL VALUES

### PER SERVING

Calories 407

Total Sugars 8.88g

Total Fats 23.46g

Saturated Fats 3.45g

Salt 0.53g

Fruit & Veg 3