

Sweet Chilli Salmon Parcels



Mrs Darlington's
SIGNATURE RECIPE SERIES

Serves: 4

Preparation Time: 15 minutes

Cooking Time: Approx 15 minutes

Oven Temperature: Preheat to 200°C / 180°C Fan / Gas 6

Ingredients:

2 tbsp sesame seeds

4 slices of fresh ginger (peeled and cut into thin strips)

2 tbsp soy sauce

4 tbsp orange juice

4 salmon fillets

1 carrot (cut into thin strips)

1 red pepper (deseeded & cut into thin strips)

3 spring onions (cut into thin strips)

4 tablespoons of Mrs Darlington's Sweet Chilli Relish

Salt and black pepper

250g / 9oz noodles

Instructions:

- Toast the sesame seeds in a dry pan until golden. Remove from the pan and set as aside.
- Cut a piece of baking parchment into 4 pieces, at least twice the size of the salmon fillets. Place each piece of salmon on a piece of baking parchment.
- Arrange a mixture of the carrot, red pepper, spring onion, ginger strips and a tablespoon of Mrs Darlington's Sweet Chilli Relish on top of each salmon fillet. Drizzle over the soy sauce & orange juice. Season with salt and pepper.
- Carefully fold in the top end of each parcel and then gather up the sides. Repeat this process for each of the salmon fillets. You will now have 4 loose parcels.
- Put the parcels on a baking tray and bake for approx. 15 minutes. Add the noodles to a pan of boiling water and cook, following the instructions on the packet.
- Remove the fish from the oven and leave to cool slightly before opening the parcels. Serve with noodles and a sprinkling of toasted sesame seeds.

Mrs Darlington's top tip *"Chicken breasts would also taste delicious cooked this way. Follow the recipe but bake the chicken slightly longer than the salmon – about 20-25 minutes or until cooked through."*