

amical



Recipe: SALMON IN PHYLLLO

Servings: 1

Serv. Size: 1 Serving

Prep. Time: 0:10

Portion	Ingredient
*****	*****
6 Ounce(s)	Salmon, skinless fillet
2 Sheet(s)	Phyllo Dough
2 Tablespoon(s)	Bread Crumbs
1 Tablespoon(s)	Parmesan, grated
2 Tablespoon(s)	Butter, melted
1 teaspoon(s)	Basil Pesto
2 Tablespoon(s)	Fresh Basil
¼ Cup	Fresh Spinach
¼ Cup	Lemon Beurre Blanc Sauce
1 teaspoon(s)	Parsley, fresh chopped
1 teaspoon(s)	Red Pepper, diced for garnish
1 Piece(s)	Fresh Herb Garnish
1 Serving	Fresh Vegetable
1 Serving	House Rice

PREPARATION STEPS-

1. Slice salmon into two thin 3 oz. portions.
2. Lay out 1 sheet of Phyllo dough, brush with butter & sprinkle evenly with parmesan and bread crumbs. Lay the other sheet on top and repeat the process.
3. Pat the fish dry with a towel & place in the center of the sheets, one next to the other. Top with pesto, then chopped spinach & basil.
4. Fold one end back over the fish & herbs, then brush with butter. Fold in the edges & wrap the other part of the Phyllo around the salmon to form a package. Brush with butter and sprinkle with bread crumb/parmesan mixture.
5. Bake in a 350 degree oven for 10-13 minutes, preferably a convection oven with the fan on.
6. When finish, cut on a bias and serve with sauce.