

Salmon en Papillote

1	Clove garlic
1/2	Leek, cut into fine strips
1	Large carrot, cut into strips
1 tbspn	Chopped chives
1.4kg	Salmon
250ml	White wine
	Salt and pepper



Vegetable chopping board
Fish chopping board
Tin foil
Vegetable knife
Cooks knife
Baking tray



1. dice salmon into 1.5cm cubes
2. take piece of tin foil 40cm x 60cm and fold in half to double thickness. Place salmon in centre and place strips of vegetables and herbs on top. Season to taste.
3. Fold open edges over to form a seal, creating a well.
4. add the liquid and finish the seal
5. place on a baking tray and put in oven for 10-12 mins at 180c.
6. remove from foil and garnish with fresh copped herbs.