

Fast Lane Salmon

Ingredients

- ½ x 375g Packet Ready-Rolled Puff Pastry
- 4 x 150g Centre-Cut Salmon Fillets. Skinned
- Salt & Freshly Ground Black Pepper
- 1 x 200ml carton Crème Fraîche
- 50g Parmesan, Freshly Grated
- 2 Tbsp Chopped Fresh Parsley
- 1 Egg, Beaten
- ¼ Cucumber, Peeled, Deseeded & Chopped To The Size Of A Pine Nut
- 2 Spring Onions, Finely Chopped



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Method

- Preheat the oven to 200°C/Fan 180°C/Gas 6.
- Roll out the pastry very thinly, and cut into four oblong shapes, each about 7.5 x 15cm (3 x 6 in).
- Season the salmon fillets with salt and pepper.
- Mix the crème fraîche with half the Parmesan and some salt and pepper. Spread a teaspoon of crème fraîche on to the centre of each fillet, and sprinkle with a tiny amount of chopped parsley.
- Wrap a strip of puff pastry around each fillet, over the crème fraîche mixture, ensuring the join is underneath. Arrange on a baking sheet. Lightly score the pastry in a lattice pattern and brush with a little beaten egg. Sprinkle with the remaining Parmesan.
- Bake the parcels in the preheated oven for 12-15 minutes until the pastry is crisp and the salmon is cooked right through.
- To make the sauce, heat the remaining crème fraîche in a small pan until just hot. Just before serving add the cucumber, spring onions and remaining parsley, and season with salt and pepper. Serve hot with the hot salmon.