



Herb-stuffed roasted salmon

20'
Hands on

30'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Preheat the oven to 220° C (430° F) set to fan.
- Finely **chop** the mint, the parsley, the dill, the green part of the spring onions, and add them to a bowl.
- Add the lemon zest, salt, pepper, the mustard, the cream cheese, and mix until there is a paste.
- Set aside.
- Cut the salmon into two fillets and add 2 tablespoons olive oil, salt, and pepper to the flesh side.
- Spread the filling over the whole surface of the fillet and cover with the other one.
- Tie well with kitchen twine and add 2 tablespoons olive oil, salt, and pepper to the skin side as well.
- Transfer to a **baking pan** with a rack and roast for 30 minutes.
- Serve with lentils, quinoa, cherry tomatoes, rocket, and olive oil.

Ingredients

- 1/4 bunch mint
- 1/2 bunch parsley
- 1/2 bunch dill
- 2 spring onions, finely chopped
- lemon zest, of 2 lemons
- salt
- pepper
- 1-2 tablespoon(s) mustard
- lemon juice, of 1/2 lemon
- 250 g cream cheese
- 1 1/2 kilo salmon, fillet
- 4 tablespoon(s) olive oil

To serve

- lentils, boiled
- quinoa, boiled
- cherry tomatoes
- rocket
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

697 Calories (kcal)	52.0 Total Fat (g)	14.0 Saturated Fat (g)	2.1 Total Carbs (g)
35%	74%	70%	1%
1.8 Sugars (g)	54.0 Protein (g)	0.8 Fibre (g)	1.3 Sodium (g)
2%	108%	3%	22%