



Smoked salmon in pine needles

10'
Hands on

30'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 600 g salmon, fillet
- 5 tablespoon(s) olive oil
- 25 g rosemary, fresh
- 1 lime(s), peeled
- 6 slices ginger
- salt
- pepper
- 100 g pine needles, dry

Διατροφικός πίνακας

Nutrition information per portion

381 Calories (kcal)	28.0 Total Fat (g)	4.2 Saturated Fat (g)	1.4 Total Carbs (g)
19%	40%	21%	1%

0.0 Sugars (g)	31.0 Protein (g)	0.5 Fibre (g)	0.87 Sodium (g)
0%	62%	2%	15%

Method

- Preheat oven to 220* C (428* F) Fan.
- Spread 2 sheets of aluminum foil, one on top of the other, on a working surface.
- Add 2/3 of the pine needles on top and drizzle with some oil.
- Spread the 3 slices of ginger and half the lime on top.
- Season the fillet of salmon with salt and pepper and place over aromatics.
- Cover with remaining pine needles, lime and ginger. Drizzle with some more olive oil.
- Wrap aluminum foil around salmon and aromatics.
- Place directly on oven base and not on an oven rack. Bake for 30 minutes.
- When ready, remove from oven. Carefully open foil, discard pine needles and serve.

Tip

If you can't find dry pine needles you can use fresh ones... just add more of them...