



Roasted Salmon in Fig Leaves

10'
Hands on

40'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 12 fig leaves, large
- 1 kilo salmon, fillet
- 1 lemon
- salt, coarse
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

365 Calories (kcal)	22.0 Total Fat (g)	3.7 Saturated Fat (g)	0.7 Total Carbs (g)
18%	31%	19%	0%
0.7 Sugars (g)	39.0 Protein (g)	0.0 Fibre (g)	1.5 Sodium (g)
1%	78%	0%	25%

Method

Photo credit: G. Drakopoulos
- Food Styling: T. Webb

- Preheat oven to 200* C (390*F) Fan.
- Brush olive oil on to a small roasting pan that fits the salmon perfectly.
- Wash the fig leaves well. Place them in the pan, shiny side up. Place enough leaves so that the bottom of the pan is covered.
- Place the salmon fillet on top.
- Grate the lemon and let the zest fall directly onto the salmon. Cut a lemon in half and squeeze 1 half over the salmon.
- Season with coarse salt. Fold the fig leaves over the salmon fillet. Place more leaves on top so that the lower leaves stay in place.
- If you find that they are not staying in place, tie some kitchen twine around the salmon and leaves.
- Drizzle with some olive oil.
- Roast for 20-25 minutes.
- For a prettier presentation, cut the salmon into portions, wrap each piece in a fig leaf and tie with kitchen twine. This way everything will stay in place while cooking. Roast for 15 minutes.

Tip

Fig leaves give an amazing coconut aroma when roasted. If you can't find any fig leaves you can use beet root leaves or any other large flat leaves that may be in season at the farmers market! You can use any type of fish you prefer and wrap it in fig leaves and you will be in for a delicious surprise!