

SALMON EN PAPILOTE

with crunchy green vegetables



Preparation : 15 min - **Resting :** - - **Cooking :** 35 min - **Equipment :** -

Ingredients : 4

- 250 g green beans and/or mangetout (snow peas) - 4 romanesco broccoli florets* (optional) - 2 cm fresh ginger, peeled - 1 courgette (150g) - 4 salmon fillets (600g) - zest of ½ organic lime - salt, pepper -
 - JAPANESE SAUCE: - 8 g bunch chives - 1 organic lime (juice + zest) - 3 tsp soy sauce - 2 tbsp rice vinegar
 - 2 tbsp grapeseed or vegetable oil - 1 cm fresh ginger, grated
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1. Fill the metal bowl with 500ml water. Place the green beans and/or mangetout, and the romanesco broccoli florets* in the steamer basket. Run the STEAM programme 20 minutes.
2. Thinly slice the ginger and courgette. Cut 4 pieces of baking paper in rectangles of 30 x 20cm; lightly brush each sheet with oil. Divide the sliced courgette and ginger between the rectangles, and top with the salmon fillets. Sprinkle with a little lime zest and season.
3. Close the papillotes* by joining the long sides of the paper and folding them over; then fold the ends underneath like gift-wrapped package.
4. Place the papillotes* in the steamer basket on top of the vegetables. Run the STEAM programme, 15 minutes/100 °C. Add a few more minutes if the fillets are thick.
5. Place one papillote* on each plate, open, and place the green vegetables beside the salmon. Serve with the Japanese sauce.

JAPANESE SAUCE

1. Wash and finely slice the chives. Set aside.
2. Place the remaining ingredients in a bowl and mix well; add the chives and ginger.

Cook Expert ■

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