



# SALMON PARCELS WITH HONEY CITRUS GLAZE

- \* Salmon is sustainable, easy to find, and not expensive.
- \* This recipe can be made in **20 minutes** – or less, if using an air fryer.

## INGREDIENTS (SERVES 4)

- 4 Scottish salmon (skin-on) fillet portions (approx. 140g each)
- 4 tbsp clear honey
- 3 tbsp lemon juice (lime or orange can be used, instead)
- Zest of the citrus fruit
- Sea salt
- Ground black pepper OR Seaweed seasoning



You will also need parchment paper.

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## METHOD

1. Pre-heat oven at 200C or use air fryer.
2. Remove salmon from fridge, allow to reach room temperature.
3. Place on a baking sheet, skin down.
4. Gather ingredients **for the glaze**. To a bowl add, lemon zest & juice, clear honey, salt & pepper (or seaweed seasoning) mix.
5. Glaze the top of the salmon fillets.
6. Fold the parcel to seal. Long edge to edge, fold over. Fold in ends.
7. Portions can be cooked together or individually if wished.
8. Bake for **10 to 12 minutes** until cooked. Remove from the oven and rest for a few minutes, take care opening the parcels, there is steam.
9. Serve with vegetables & potatoes, couscous, or salad.

## TIPS:

- \* Chose salmon portions of even size for even cooking. Score the bottom of thicker portions if cooked with tail portions.
- \* Optional flavours to add to the glaze: fresh herbs, garlic, soy, ginger, chilli, butter.
- \* If cooking vegetables in the parcel with the salmon, add **10 minutes** to cooking time.
- \* Parcels seal in flavour and nutrients, reduce the cooking aromas & washing up.



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