

Recipe

Salmon & white fish Wellington, Spinach, cream cheese & lemon

ALLERGENS	TICK IF PRESENT
CEREALS CONT GLUTEN	✓
MILK	✓
FISH	✓
CRUSTACEANS	
MOLLUSCS	
CELERY	
MUSTARD	✓
LUPIN	
SESAME SEEDS	
NUTS	
PEANUTS	
EGGS	✓
SULPHUR DIOXIDE	
SOYA	

INGREDIENTS - 4 people as a main course

- 4 x skinless salmon fillets, 4 x skinless coley fillet
- 200g leaf spinach washed
- 2 shallots cooked in 50g butter
- 4 sprigs thyme
- 4 x sheets puff pastry (individual size)
- 150g full fat cream cheese
- 50g grated parmesan cheese
- Zest of 1 lemon
- Yolk of 2 eggs (pastry brush required)

METHOD

1. sauté the shallots & butter until soft. (around 5 minutes), transfer to the fridge to cool well.
2. Mix the cooled blanched spinach with cream cheese, lemon zest, salt & pepper.
3. Wrap as shown in the diagram above, ensuring you brush side of the pastry before sealing together. If you have a lattice cutter then this really makes a difference to the overall presentation.
4. Bake in a hot oven 180 degrees for 20 minutes (individuals) or at 170 degrees for 40 minutes (larger wellingtons)