

Salmon en Croute

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-salmon-en-croute-recipe>

Ingredients:

- 1 salmon side of, appromixity 900g, skinned & boned
- 9/16 pound puff pastry
- 1 egg beaten
- 1 knob butter
- 2 shallots diced
- 2 garlic minced
- 3 1/3 cups baby spinach
- 6 7/8 tablespoons cream cheese
- 1 bunch dill sliced
- 1 bunch parsley sliced
- 1/2 lemon juice & zest
- sea salt

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 90 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 13 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams

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