

SALMON EN PAPILLOTE WITH A GINGER AND SOY DRESSING



USED BRESC PRODUCTS



Garlic & spring onions
WOK 450g



Garlic chopped 1000g



Garlic chopped 450g



Ginger & lime WOK 450g



Green & red chilli WOK
450g



Lemongrass puree 450g

INGREDIENTS

4

- 2 salmon fillets without the skin (120/130 g)
- carta fata foil
- kitchen string
- 10 g Bresc Lemongrass puree
- 10 g Bresc WOKginger
- 5 g Bresc Garlic chopped
- 5 g Bresc WOKchilli
- 0.5 dl soy sauce
- 6 g sesame oil
- 1 lime
- 250 g Chinese cabbage
- 2 packets udon noodles
- ½ packet nameko
- 5 g Bresc WOKginger
- 5 g Bresc WOKgarlic
- salt and pepper

PREPARATION METHOD

Mix the ginger, lemongrass, garlic, chilli, soy sauce, sesame oil, lime juice and grated lime peel together. Preheat the oven to 165 degrees. Cut out four large squares out of the foil and place the fish on them. Spoon the garnish and the liquid over them and fold to close. Tie a piece of string around them. Cook the parcels for about 10 minutes in the oven. Stir-fry the nameko, cabbage and udon noodles together with some WOKginger and WOKgarlic. Serve the vegetables in a pretty bowl on a plate next to the parcels.