



## **Salmon En Croute (Salmon in a puff pastry!)**

*Easy to make, yet a fancy and delicious entree!*

Prep time: 30 minutes, Cook time: 25 minutes, Total time: about an hour

### **Ingredients**

- 1 1/2 Tablespoons butter
- 1/2 cup of chopped diced onions
- 3 large garlic cloves, crushed
- 1/8 tsp salt and 1/8 tsp pepper
- 8 ounces fresh baby spinach (about one medium to large size bunch), chopped into small pieces
- 6 ounces cream cheese (one stick from the store is 8 oz)
- 3 tablespoons freshly grated Parmesan cheese (from the refrigerated section of the store)
- 2 Tablespoons lemon juice
- 2 Tablespoons fresh dill, chopped (or 2 tsp dried dill)
- 1 (1 to 2 pounds) salmon fillet, skinless, cut in half (you'll use both halves)
- 1 package of 2 sheets frozen puff pastry (can be gluten-free), thaw first, but keep in the refrigerator until ready to use
- 1 large egg + 1 teaspoon water, beaten together for an egg wash

Notes: Make sure frozen puff pastry dough is thawed but keep refrigerated up until ready to use.

### **Instructions**

- Preheat the oven to 400 degrees F.
- Melt butter in a medium to large size skillet over medium heat. Add onion, garlic, salt and pepper. Cook for several minutes until just softened. Add spinach and stir. Cook until the spinach wilts. Then add and stir in the cream cheese until it is melted. Stir in Parmesan cheese, lemon juice and dill. Remove pan from heat.
- Place one puff pastry on a baking sheet. No need to grease baking sheet.
- Sprinkle salt and pepper on salmon fillet(s). Place the two halves of salmon fillets on puff pastry, so that it fits on the pastry sheet.

- Then add creamed spinach mixture on top of salmon. Place second puff pastry sheet on top of salmon and spinach mixture. Fold the pastry sheet over salmon and crimp edges to seal with either your fingers or a fork.
- If you have any extra puff pastry at the base of the salmon, cut off extra and as an option, you can create a decoration on top with the extra puff pastry (braids, lines, fish, etc.). The size of the puff pastry sheets and the size of the salmon fillet will determine if you have any extra pastry dough.
- With a knife, place some diagonal slits in top puff pastry sheet, so it will vent during cooking without breaking the pastry dough.
- Place a decorative pattern on top using any extra puff pastry (optional).
- Brush the egg wash all over the puff pastry, on the tops and sides.
- Bake for 25 minutes. The puff pastry should have a golden color. Remove from the oven and let cool for about 5 to 10 minutes. Enjoy!