

Salmon spaghetti al cartoccio

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):
2,284 kJ / 545 kcal

Fat: **13 g** Protein: **44 g**
Carbohydrates: **59 g**

INGREDIENTS

4 portion(s)

4	skinless salmon fillets
300 g	spaghetti
100 g	crème fraiche
25 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
200 g	frozen sweet peas
0.5 tsp	dried herbs de provance
	Grated zest of one lemon

PREPARATION

Step 1

Preheat oven to 200C. Prepare 4 sheets of parchment paper, size 30x45 cm. Whisk soy sauce, crème fraiche, lemon zest and half the herbs in a small bowl. Bring water to boil in a large pan, season with salt generously and par-cook the spaghetti for 5 min, no longer – they will finish cooking in the oven. Drain the spaghetti, saving 100 ml of cooking water.

Mix spaghetti and frozen sweet peas, saved water and crème fraiche mix in a large bowl. The starch in cooking water helps the sauce to cling better to pasta. Divide spaghetti over four parchment papers, lay a salmon on top and sprinkle the remaining herbs. Wrap the food tightly in parchment paper so no steam can escape (check YouTube videos for cooking “en papillote”). Place packets on rimmed baking sheet and cook in the oven for 12 minutes. Serve directly, opening the wrapped food tableside.