



Salmon and snow peas baked in foil

From Phase 3 (Phase 2 using courgettes)

Serves 6

Ingredients:

- 600 g (1 lb 5 oz) skinless salmon fillet
- 400 g (14 oz) snow peas
- 20 basil leaves
- 4 tablespoons olive oil
- 2 tablespoons water
- 1 tablespoon balsamic vinegar
- 1 teaspoon cracked black peppercorns
- 20 g (3/4 oz) butter
- Salt

Preparation:

Top and tail the snow peas. Wash and drain them. Bring a large quantity of salted water to the boil in a saucepan, blanch the snow peas in it, drain them, rinse them in cold running water and drain again.

Remove any remaining bone from the fish, then cut it into small cubes. Add a little salt.

Finely shred the basil leaves. Put them in a bowl with cracked pepper, water, olive oil and balsamic vinegar.

Wrap a snow pea (or a thin slice of courgette at phase 2) around each cube of salmon then thread onto a skewer. Each skewer should hold about 6 cubes of salmon.

Cut 6 rectangles of aluminum foil and butter the central part of each sheet. Raise the edges, then lay a skewer in the middle. Sprinkle with the basil-balsamic mixture then wrap the aluminum around the skewer and seal tightly. Cook for 12 min under the grill or on a barbecue.

Serve these skewers with a green salad containing fresh herbs.

Try to eat fish at least twice a week