RECIPE

Salmon in Foil with Mushrooms and Carrots

A weeknight dinner of salmon steamed in a foil packet with shiitake, carrot and onion, ginger and a little low-sodium soy, no pan to wash.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 4 skinless wild sockeye salmon fillets (5 oz / 142 g each, 568 g in all)
- [ ] 8 oz shiitake mushroom caps, stems removed, thinly sliced
- [ ] 2 medium carrots, peeled and cut in thin matchsticks
- [ ] 1 medium onion, thinly sliced
- [ ] 4 tsp olive oil, 1 tsp for each packet
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 2 tsp grated fresh ginger
- [ ] ¼ tsp black pepper
- [ ] 1 tbsp sesame seeds
- [ ] 2 tbsp chopped chives
- [ ] 4 thin lemon slices, one on each fillet

Method

1. Heat the oven to 425 °F. Tear off four sheets of foil, each about 12 by 14 inches. Set them on two baking sheets.
2. Stir the soy sauce and ginger together. Rub 1 tsp of the oil over the middle of each sheet of foil.
3. Spread a quarter of the onion on each sheet, then a fillet on top of it. Dust the fillets with the pepper.
4. Pile the carrots and mushrooms around and over the fillets. Spoon a quarter of the soy mixture over each, and lay a lemon slice on top.

5 Bring the long edges of each sheet together over the fish and fold them down twice. Fold in the two ends the same way. Leave a little air inside so steam can gather.

6 Bake 15 to 18 minutes. Open one packet away from your face, because the steam is hot. The salmon is done when it flakes and a thermometer in the thickest part reads 145 °F (USDA). If it is not there, close the packet and bake 3 minutes more.

7 Lift off the lemon. Sprinkle each packet with the sesame seeds and chives and eat from the foil or slide it onto a plate with its juices.