

Mediterranean Salmon Packet Meal

Prep Time 10 mins
 Total Time 30 mins
 Meal Type Lunch, Dinner
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 1 Zucchini, medium, *Sliced into half circles*
- 1 cup Cherry Tomatoes, *Halved*
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 1/2 lb Salmon, skinless (6 oz per fillet)
- 4 Tbs Olive Oil
- 4 Garlic Cloves, *Minced*
- 1 Lemon, *Juiced and Zested*
- 1/2 tsp Red Pepper Flakes
- 1/4 cup Parsley, fresh, *Chopped*

Directions

Prep

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash and cut all vegetables.
3. Prepare a 10x12 inch piece of tinfoil and parchment paper for each serving.

Make

1. Spread out each piece of tinfoil on a baking sheet and top each with a piece of parchment paper. Slightly crimp the edges to prevent juices from running.
2. Fill each packet with zucchini and cherry tomatoes. Season with salt and pepper. Top with salmon.
3. In a small bowl, whisk together olive oil, garlic, lemon juice and zest, and crushed red pepper flakes. Pour mixture over the salmon.
4. Fold the edges of the packet over the salmon and fold to seal. Bake for 12 to 15 minutes. Remove from the oven and allow to cool for 2 minutes before opening. Caution: steam will escape the packet when opened.
5. Garnish opened packets with fresh parsley and serve.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 391 per serving		Total Fat 24.7g	38%	Total Carbohydrates 6g	2%
		Saturated Fat 3.6g	18%	Dietary Fiber 2g	6%
		Trans Fat 0.0g		Total Sugars 3g	
		Cholesterol 94mg	31%	Protein 35g	
		Sodium 377mg	16%		
		Vitamin D 0mcg 0% · Calcium 50mg 5% · Iron 2mg 12% · Potassium 1181mg 25%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -