Creamy Spinach Stuffed Salmon
RECIPE

Creamy Spinach Stuffed Salmon

Cooking time	50 mins
Preparation time	20 mins
Serves	4

If you're looking for a date night dinner, or a something special for a celebration, look no further. Try this crisped salmon stuffed with a creamy spinach filling.

Ingredients

- - SALMON:
- 6 skinless salmon fillets
- Royco® Brown Onion Soup
- 2 tbsp olive oil
- 3 tbsp butter
- - CREAMY SPINACH:
- 1 pkt baby spinach finely chopped
- 1 tub cream cheese
- 2 tbsp Royco® Brown Onion Soup
- - Roasted Parmesan Potatoes Ingredients:
- 8 potatoes parboiled in salted water
- 60ml olive oil
- Royco® Brown Onion Soup
- 6 cloves garlic
- 3 tbsp grated Parmesan cheese
- -Strawberry or Watermelon and Feta Cheese Salad Ingredients:
- 1 pkt strawberries cleaned and halved
- 1 avocado sliced
- 2 sweet corn grilled and off the cob
- 1 pkt streaky bacon fried
- Lettuce chopped
- 2 rounds feta cheese crumbled
- Fresh basil chopped
- - HONEY MUSTARD DRESSING:
- 60ml olive oil
- 80ml vinegar
- 1 tbsp honey

- 1 tsp Dijon mustard
- 1 clove garlic crushed

Vegetarian

Remove the stem of giant brown mushrooms and top with this creamy spinach mixture. Instead of frying in a pan, grill in the oven until the mushroom is cooked through.

Family Friendly

Make it a special occasion and set the table for a family date night. Light the candles, serve the kids cooldrink in stemware and dress up for the occasion.

Method

1. Cut a pocket on each piece of salmon being careful not to cut through
2. Drizzle salmon with olive oil and season with Royco® Brown Onion Soup
3. Mix together, spinach, cream cheese and brown onion soup
4. Fill salmon pockets with 2 tbsp of the creamy spinach
5. Heat butter in a pan on medium heat and fry salmon for 3-4 minutes on each side

ROASTED PARMESAN POTATOES METHOD

1. Preheat oven to 200 degrees
2. Peel potatoes and cut into wedges
3. In a bowl combine potatoes, olive oil, Royco® Brown Onion Soup, garlic and toss to coat
4. Transfer potatoes into a roasting dish and roast for 30 minutes
5. Remove from oven and sprinkle Parmesan cheese evenly over potatoes, put back in the oven and roast for 10-15 minutes or until golden and crispy outside

STRAWBERRY OR WATERMELON AND FETA CHEESE SALAD METHOD

1. In a salad bowl mix all salad ingredients
2. Make the dressing by combining all the dressing ingredients and whisk
3. Pour dressing over salad and toss to combine

Recipe Tags

Packet Soups, Meat and Veg, Fish, Side, Light Meal

Related Recipes

Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins

Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins

Chicken a La King

Cooking time

30 mins

Preparation time

15 mins

Peachy Chicken Casserole

Cooking time

40 mins

Preparation time

15 mins



Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Chicken Pot Pies

Cooking time

40 mins

Preparation time

15 mins

Hake and Broccoli Bake

Cooking time

40 mins

Preparation time

10 mins

Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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