

## Salmon en Papillote Parchment

### Ingredients

2-4 oz pieces of salmon  
2 slices of tomatoes  
2 large shallots, thinly sliced  
2 lemon slices  
Fresh parsley  
Olive oil  
Salt to taste  
Pepper to taste  
2 large pieces of parchment paper

### Step One

Preheat oven to 450 degrees. Cut the parchment in heart shapes. Rub the olive oil on one side of the paper. Place the skin side down, place tomato, parsley, shallot, sprinkle with salt and pepper. Place the lemon on top. Optional: sprinkle olive oil on top.

### Step Two

Carefully fold the sides down of the heart to seal. Use a stapler if desired. In a large tortilla pan cook the parchment packets over high heat they fill with steam. When the parchment packs are ready, place in oven and cook for 5-8 minutes. Typically cook longer to make sure the fish is cooked fully. Serve immediately. Cut with scissors before serving. Enjoy!