

# Salmon and Veggie Foil Packets

2 SERVINGS 30 MINUTES



## INGREDIENTS

8 ozs Salmon Fillet  
2 cups Baby Spinach  
1 Red Bell Pepper (sliced)  
1/4 cup Canned Coconut Milk  
1 tbsp Lime Juice  
1 tbsp Thai Red Curry Paste (optional)  
Sea Salt & Black Pepper (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	248	Iron	2mg
Fat	13g	Vitamin D	0IU
Carbs	8g	Folate	115µg
Fiber	2g	Magnesium	64mg
Protein	25g	Zinc	1mg
Vitamin C	87mg		

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the spinach, bell peppers and salmon fillets equally between the foil pieces.
- 03 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste (optional). Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 04 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 05 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!

## NOTES

### RECIPE ID 631

### NO SALMON

Use cod or haddock fillets instead.