

Paprika Salmon in Foil with courgette spaghetti

Cooking meat or fish in foil with some spices and veg is quick, mess free and easy. Try this one. It will literally take you 15 mins from start to finish



Serves 2

- 2 salmon fillets
- 10 cherry tomatoes, chopped in half
- 3 or 4 whole garlic cloves
- Sprig of thyme (or dried thyme if you don't have any fresh)
- Bunch of spring onions, chopped
- 1 teaspoon Coconut oil
- 2 teaspoons paprika
- 2 courgettes
- Tablespoon pumpkin seeds
- Juice of half a lemon
- Squeeze of honey
- 2 large handfuls of spinach
- Foil for wrapping

Pre heat the oven to 200°C.

Place 2 sheets of foil on the bench, one vertical and then lay the other over the top horizontally so you have a large cross shape.

Place the salmon in the middle of the cross along with the thyme, garlic, spring onions, tomatoes, coconut oil and then sprinkle over the paprika. Now take the ends of the horizontal sheet, bring them together and close them over the salmon, crimping the edges together and repeat with the vertical sheet of foil, again crimping the edges of the foil together with your fingers so that no steam can escape.

Place this into the oven for approx. 12 mins. In the mean time you can make your courgetti. Spiralize your courgettes – if you don't have a spiralizer then just use a vegetable peeler and peel off thin strips of courgette. Place the courgette strips/spirals into a bowl and squeeze over the juice of half a lemon and about half a tablespoon of honey. Sprinkle in the pumpkin seeds and mix well.

Take your salmon out of the oven. Be careful because as you open the foil the steam will be very hot.

Lay the spinach onto a plate, top with the courgettes and then the salmon, spring onions and tomatoes.