Salmon Baked in Parchment

Makes: 4 servings
Prep Time: 15 minutes Cook Time: 15 minutes
Total Time: 30 minutes

Ingredients

- 1 lemon, halved lengthwise
- 3 cups shredded Napa cabbage
- 4 salmon fillets (8 ounces each), skin removed
- Salt and freshly ground black pepper
- 1 tbsp olive oil
- 1 tbsp rice wine vinegar
- 2 tbsp soy sauce
- 2 tsp capers, drained and roughly chopped
- 3 scallions, thinly sliced on the diagonal
- Warm cooked white rice, for serving
- 4 sheets parchment paper (or heavy-duty aluminum foil)

Instructions

Preheat the oven to 400°F.

Thinly slice one half of the lemon into quarter rounds, removing any seeds. Juice the remaining lemon half and set the juice aside.

Place each sheet of parchment paper on a work surface. Divide the shredded cabbage evenly among the sheets, creating a bed for the salmon.

Season both sides of each salmon fillet with salt and pepper and place one fillet on top of each mound of cabbage.

Drizzle the olive oil, lemon juice, rice wine vinegar, and soy sauce evenly over the salmon and cabbage. Sprinkle with the chopped capers, sliced lemon, and scallions.

Fold the parchment over the salmon and crimp the edges tightly to create sealed packets. Place the packets on a baking sheet.

Bake for 12 to 15 minutes, or until the salmon flakes easily with a fork. If your fillets are especially thick, they may need an additional 5 to 7 minutes.

Transfer each packet to a dinner plate and carefully open at the table. Spoon the flavorful cooking juices over the salmon and cabbage and serve with warm white rice.

Chef's Notes:

- Parchment paper creates the prettiest presentation, but heavy-duty aluminum foil works just as well.
- The packets should be sealed tightly so the steam stays inside and gently cooks the fish.
- Cooking time will vary depending on the thickness of the salmon. Start checking at 12 minutes and add a few extra minutes if needed.
- Try adding thinly sliced carrots, snow peas, or asparagus to the packets for even more vegetables.
- Serve with steamed jasmine rice, brown rice, or cauliflower rice.

Recipe inspired by Wall Street Journal