

Puff Pastry Salmon (Salmon Wellington)

Shopping List

(Grab your ingredients from Dwyers Seafood marked in yellow)

<https://www.facebook.com/Dwyers-Seafood-435193246515826/>

- 2 tablespoons butter
- 2 cloves garlic, chopped
- ½ medium onion, chopped
- 140 g (5 oz) fresh spinach
- 1 teaspoon salt, for spinach
- 1 teaspoon pepper, for spinach
- 40 g (⅓ cup) breadcrumb
- 110 g (4 oz) cream cheese
- 30 g (¼ cup) shredded parmesan cheese
- 2 tablespoons fresh dill, chopped
- 1 sheet puff pastry, softened to room temperature
- 1 salmon fillet
- 1 teaspoon salt, for salmon
- 1 teaspoon pepper, for salmon
- 1 egg, beaten