

# 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  
140g (5 oz) fresh spinach  
1 teaspoon salt, for spinach  
1 teaspoon pepper, for spinach  
40g (1/3 cup) breadcrumb  
110g (4 oz) cream cheese  
30g (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