



Salmon and Lobster Wellington



DIFFICULTY: MEDIUM



SERVES: 4

Ingredients

1 tbsp olive oil
1 tbsp unsalted butter
1 small onion, peeled and finely chopped
1 clove garlic, peeled and minced
3 tbsp cream cheese
1 tbsp Dijon mustard
2 tbsp double cream
100g baby spinach leaves
30g dried breadcrumbs
Pinch of salt
½ tsp black pepper
Zest of 1 lemon
50g parmesan cheese, grated
2 x 320g packs ready-rolled puff Pastry sheets
1 half side of skinless salmon
150g cooked lobster meat (you can buy this ready cooked in tubs from Waitrose, or use the meat from 3-4 cooked lobster tails), roughly chopped
1 tbsp unsalted butter, melted
1 egg, lightly whisked

Method

Preheat the oven to CircoTherm Intensive 200°C.

Heat the oil in a small frying pan over a medium heat. Add the onion and cook for 5 minutes until softened. Add the garlic, cream cheese, Dijon mustard and cream, and cook, whilst stirring until just starting to bubble.

Add the spinach and stir until the spinach wilts (about 1-2 minutes).

Add the breadcrumbs, salt, pepper, lemon zest, and parmesan. Stir together and turn off the heat. Allow to cool for 10 minutes.

Unroll one of the rolls of pastry and place directly onto a baking tray.

Spoon on the spinach mixture into the middle of the pastry and spread it out so it's the same size as the half side of salmon.

Place the salmon on top of the spinach mixture, then top with the lobster. Drizzle on the melted butter and sprinkle on a pinch of salt and pepper.



Brush the rest of the base of the pastry with the beaten egg, then place the second piece of pastry on top of the salmon and lobster. Gently push down over the filling so there are no air bubbles.

Trim the edges, leaving a 1-inch border all the way around. Seal the edges either by pinching all the way around or by using a fork to squash the pastry edges together.

Brush the pastry with the beaten egg then score a criss-cross pattern all over the top of the pastry.

Place in the oven for 25-30 minutes, until golden brown.





Notes
