

Foil-Packet Salmon with Mushrooms and Spinach



Recipe courtesy of Food Network Kitchen

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Foil-pack dinners are a convenient way to quickly create a flavorful dish with practically no cleanup. In this foil-pack, the salmon and vegetables are simply cooked, then finished with a bright, assertive ginger-scallion butter.

Level: Easy

Yield: 4 servings

Total: 40 min

Active: 20 min

Ingredients:

2 cups thinly sliced shiitake mushroom caps
4 cups baby spinach
Kosher salt and freshly ground pepper
4 6-ounce skinless salmon fillets
Extra-virgin olive oil, for drizzling
1/4 cup dry white wine (or use water)
4 tablespoons unsalted butter, at room temperature
3 scallions, sliced
2 teaspoons grated fresh ginger
1/2 teaspoon toasted sesame oil

Directions:

- 1** Lay out four 18-inch-long sheets of heavy-duty foil. Mound 1/2 cup mushrooms and 1 cup spinach in the center of each; season with salt and pepper. Top each with a salmon fillet, season with salt and pepper and drizzle with olive oil. Drizzle each with 1 tablespoon wine (or water). Bring the short ends of the foil together and fold twice to seal; fold in the sides to form a packet, leaving room inside for steam.
- 2** Preheat a grill to medium high. Grill the foil packets until the fish is just cooked through, 10 to 12 minutes. (Alternatively, you can bake the foil packets in a 450° F oven until the fish is just cooked through, 12 to 15 minutes.) Let the packets sit 5 minutes.
- 3** Meanwhile, combine the butter, scallions, ginger, sesame oil and 1/4 teaspoon salt in a mini food processor. Pulse until smooth. Carefully open the foil packets. Top with the flavored butter.



Photograph by Levi Brown

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