

## Salmon And Thyme Butter Parcels

### Ingredients

4 salmon cutlets  
30 ml (2 tbsp) oil  
50 g butter, softened  
1 garlic clove, crushed  
10 ml (2 tsp) mustard seeds  
30 ml (2 tbsp) chopped thyme  
salt and pepper  
4 tomatoes  
thyme sprigs, to garnish

### Method

Carefully remove the centre bone from each cutlet. Curl each half cutlet around to form a medallion and tie with string. Heat the oil in a saute pan and briefly brown the salmon on both sides, cooking in batches, if necessary. Drain on absorbent kitchen paper and leave to cool. Blend together the butter, garlic, mustard seeds, thyme and seasoning. Skin, deseed and chop the tomatoes. Cut 8 pieces of greaseproof paper, each about 25 cm square. Place a salmon medallion in the centre of each and top with some herb butter and tomato. Draw up the corners of the paper and tie with string to form bundles. Place on a baking sheet. Bake at 200 degrees for 10-15 minutes or until the salmon is cooked. Serve garnished with thyme.