



Salmon, Parma ham and beetroot wrap

Salmon, Parma ham and beetroot wrap is a delicious combination of the moist and earthy flavours of salmon fillet, beetroot and spinach combined with the salty and rich flavour of Parma ham and smoked salmon, topped with the refreshing zest of fresh coriander and horseradish sauce.

Ingredients (serves 4):

4 salmon fillets	4 tsp horseradish sauce
300g sustainably sourced smoked salmon slices	2 handfuls fresh baby spinach leaves
8 slices of Parma ham	1 small handful fresh coriander, chopped
4 steamed beetroot, sliced finely	Black pepper

Method:

Oven: Preheat the oven to 180°C/350°F/ Gas 4.

Cut 4 pieces of cooking foil approximately 30cm x 30cm. Cut 4 pieces of baking parchment to line the inside of each piece of foil. Lightly grease the middle of the baking parchment where you'll lay out the Parma ham (oiling it makes it easier to roll the package up). Lay out two pieces of Parma ham, slightly overlapping each other. Inside each layer of Parma ham, add a few pieces of the smoked salmon slices. Just enough to cover the Parma ham.

Next spread 1 tsp of horseradish sauce on top of the smoked salmon layer. Add the spinach leaves so they cover most of the Parma ham and smoked salmon. Scatter a ¼ portion of the coriander leaves on top of the spinach leaves, then make a layer of finely sliced beetroot.

Finally, place the salmon fillet on top of the sliced beetroot and add a generous amount of black pepper. Carefully place the tips of your fingers beneath the top end of the Parma ham and roll up into a large sausage-shaped package. Hold the package with one hand while you bring the baking parchment up around the sides to form a large cigar. Fold over the ends of the baking parchment, then finish off by folding the baking foil around the baking parchment.

Repeat for the further three packages. When the salmon, Parma ham and beetroot wrap has cooked, it will retain its shape so you can cut it into halves or quarters to serve if you wish.

Bake in the oven for approximately 20 minutes and serve with a fresh salad or your favourite vegetables. Why not try out lemon-roasted rosemary potatoes? They were a real hit with this meal.

Slow cooker: Follow the preparation instructions above but instead of placing the packages into the oven, add 2 cm of water to the bottom of your slow cooker, then lower each package in. They are ok stacked on top of each other if space is short.

Cook on a high setting for 2 hours or a medium setting for 3 hours.

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