

Salmon en Papillote

Sealed in parchment and steamed in its own butter — almost no cleanup.

02

MEAL NO

01

Check Your Pantry First

☐ Salt & Black pepper

☐ Parchment paper

02

Need to Buy

Follow the order — it maps how you walk the grocery.

FRUITS & VEGETABLES

3 ITEMS

☐ Lemon

×2

☐ Fresh dill

1 bunch

☐ Garlic

3 cloves

SUBSTITUTES

- Fresh dill = Parsely, or dried dill at the half the quantity
- Butter = Olive oil

PANTRY & DRY GOODS

0 ITEM

FRESH PROTEINS

1 ITEM

☐ Salmon fillet, skin-on

Skin-on holds together inside the parcel.

CHILLED & DAIRY

1 ITEM

☐ Unsalted butter

small block

03

Where to Shop

End at the fishmonger. Fish goes in last.

01

TopCatch Fisheries

fishmonger.

One whole salmon, scaled & gutted — ask to fillet it and keep the head & bones.

0UG · 17 Jalan Hujan Rahmat · Tue–Sun, 8am–1pm

Taman Megah · 108 Jalan SS 24/2 · Mon closed · Tue–Sun varies

02

Supermarket

Produce, chilled, Japanese aisle, spice aisle, condiments / international aisle, baking aisle.

03

THIS WEEK'S MEALS

01

Sashimi Don

15 MIN · EASY

02

Salmon en Papillote

25 MIN · EASY

03

Crispy-Skin Tacos

25 MIN · MEDIUM

04

Salmon Head Curry

45 MIN · MEDIUM

05

Bone-Broth Ramen

50 MIN · MEDIUM