

# OVEN BAKED SALMON AND VEGETABLES



4 SERVES



5 MINS



45 MINS

## INGREDIENTS

4 salmon fillets

1 large bunch broccolini

1 punnet cherry tomatoes

1 lemon

4 large washed potatoes, cut into quarters

Olive oil

Salt and pepper

## METHOD

- 1 Preheat oven to 180 degrees.
- 2 Line 2 baking trays with baking paper.
- 3 Place cut potatoes (with skin on) onto tray, spray with a little olive oil and place in the oven for 20 minutes.
- 4 After 20 minutes, add salmon and cherry tomatoes and a few slices of lemon to the tray with potatoes and place back in the oven for 15 minutes.
- 5 Trim the ends of the broccolini and place onto the second baking tray. Spray with a little olive oil and season with salt and pepper. Place into the oven and cook everything for a final 10 minutes.
- 6 Remove both trays from the oven and serve all ingredients onto 4 plates.
- 7 Serve with some fresh lemon wedges.

## TIPS

- Recipe works well with other vegetables such as zucchini, squash, carrot, pumpkin, sweet potato etc.
- Change the flavours by adding fresh herbs in the last 10 minutes of cooking; for example, rosemary, dill or basil.
- Cooking times for salmon may vary depending on thickness.
- Prepare a few extra serves of vegetables and a spare salmon fillet to have a portion left for lunch or dinner the next day.

