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Roasted Salmon with Garlicky Tomatoes and Crushed Potatoes

Did you know that oily fish is absolutely perfect for boosting your brain and memory power? Luckily for you, salmon is an oily fish! After you've cooked this roasted salmon with our sweet tomatoes and crushed potatoes, your brain will be very happy with you. Enjoy your dinner!



35 mins



lactose free



gluten free



healthy



Cherry Tomatoes
(1 punnet)



Garlic Clove (2)



Flat Leaf Parsley
(3 tbsp)



Green Beans
(1 pack)



New Potatoes
(1 pack)



Salmon Fillet (2)

Ingredients

	2 PEOPLE	ALLERGENS
Cherry Tomatoes, halved	1 punnet	
Garlic Clove, sliced	2	
Flat Leaf Parsley, chopped	3 tbsp	
Green Beans	1 pack	
New Potatoes	1 pack	
Salmon Fillet	2	Fish

 Our produce comes fresh from the farm so give it a little wash before using

Nutrition per serving: Calories: 362 kcal | Protein: 37 g | Carbs: 39 g | Fat: 6 g | Saturated Fat: 1 g



1 Pre-heat your oven to 200 degrees. Bring a pot of water to a boil with $\frac{1}{4}$ tsp of salt. Halve the tomatoes. Peel and thinly slice the garlic. Finely chop the parsley. Trim the very ends off the green beans.



2 Blanch the green beans by adding them to the boiling water for 2 mins, then remove the beans from the pot (you can use a slotted spoon for this) and put them in a bowl of cold water. **Tip:** Reserving the boiling water will save time and pans! Chop any big potatoes in half and then add the potatoes to the boiling water your beans were in, cook for 15-20 mins. **Tip:** Your potatoes are cooked when you can easily slip a knife through them.



3 Meanwhile, drizzle each salmon fillet with $\frac{1}{2}$ tsp of olive oil and season with a pinch of salt and pepper on each side. Place on a baking tray, skin-side down and roast for 8-10 mins, until it easily flakes with a fork and is slightly opaque in the middle.



4 When the potatoes are cooked, drain them and set aside.

5 Meanwhile, melt 1 tbsp of butter (if you have it) in a frying pan over medium heat. **Tip:** Use olive oil if you don't have butter. Add the tomatoes and season with salt and pepper. Cook for about 2 mins, until slightly burst. Drain the green beans and then add them to the pan to cook, tossing, for a minute or two, until they are crisp-tender. Add the garlic and half the parsley and cook for 30 seconds, until fragrant. Set aside on a plate.

6 Once the potatoes are done, crush them slightly with the side of your knife.

7 In the same pan you cooked the tomatoes in, heat 1 tbsp of oil over medium heat. Add the potatoes and cook for about 3 mins on each side, until golden brown and crispy. Sprinkle with the remaining parsley and season with salt and pepper.

8 Serve the salmon fillets with the green beans, tomatoes, and crispy potatoes. Enjoy!