



Recipe from BigFish Brand™
Piri Piri Salmon with new potatoes, spring greens & tzatziki

A lovely fresh tasting dish that showcases our great tasting gluten-free Piri Piri salmon and is full of healthy green vegetables. Use ready-made tzatziki or try our simple recipe to make your own!

Preparation time: 20 minutes

Cooking time: 45 minutes

Serves two

Ingredients

- 2 BigFish Brand™ Piri Piri Salmon fillets
- 250g new potatoes, halved
- 1 bag mixed salad leaves
- 1 handful frozen peas
- 1 handful frozen mange tout or green beans
- Olive oil
- 1 tub ready-made tzatziki (or make your own – see below)

For home-made tzatziki

- 300g Greek yoghurt
- Half a clove garlic, finely chopped
- Half a cucumber, roughly chopped with core removed
- Half a lemon, juiced
- Fresh mint, roughly chopped

Method

1. Pre-heat the oven to 190°C/gas mark 5
2. Remove all packaging from the salmon fillets and loosely wrap in tin foil lightly oiled with olive oil. Place the fillets on a baking tray in the oven and cook for 35-40 minutes. OR follow the instructions on pack to cook using a microwave.
3. Bring a pan of water to the boil and cook the potatoes for 15 minutes until tender. Drain and leave to cool.
4. Replace the water in the pan and cook the frozen greens (peas, mangetout and/or green beans) for 2-3 minutes until tender. Drain and place immediately in a bowl of iced water.
5. Once the potatoes have cooled, coat with a generous amount of tzatziki and a drizzle of olive oil. Drain and dry the iced greens and toss together with mixed salad leaves in a large glass bowl. Remove the cooked salmon from the oven and serve on top of the potatoes and salad.

For home-made tzatziki

Simply put the yoghurt, garlic, cucumber, lemon juice and mint in a bowl and season with black pepper and a little salt. Stir to combine, place in an airtight container and keep in the fridge until ready to use.