



BigFish Recipe™

Honey Crust Salmon with White Beans & Spinach

Combining spicy-sweet marinated salmon with fresh spinach and white beans makes for a healthily balanced meal that's full of flavour and cooks in no time.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 2

Ingredients

2 x BigFish™ plain or Organic Salmon fillets, defrosted

1 tbsp oil

1/2 tbsp soy sauce

1 tsp clear honey

1 tsp wholegrain mustard

1/2 a lemon, juiced

1 400g can white beans eg. Haricot or Butter beans

1 garlic clove (crushed)

1 pinch of chilli flakes

100g leaf spinach, rinsed

6 cherry tomatoes on the vine

Method

1. To make the marinade, mix half the oil with soy sauce, honey, mustard and half the lemon juice in a shallow bowl. Now add the salmon fillets, turning the fish to coat. Cover and leave in the fridge to marinate for at least an hour before cooking, or overnight.
2. Drain the beans in a colander and rinse with cold water. In a saucepan, gently heat the remaining olive oil and add garlic, the remaining lemon juice and chilli flakes. Now add the beans, stir and warm through on a low heat.
3. While the beans are cooking, prepare the spinach. Pop it in a saucepan – if you've rinsed the spinach it should be wet enough to cook without additional water but add a tbsp of water if dry. Cover the pan and cook on a high heat for 1-2 minutes until cooked, then drain.
4. Take the salmon from the marinade and fry in a hot pan or on a griddle for 2-3 minutes until lightly cooked through, adding the cocktail tomatoes after a minute to soften them.
5. Crush the beans roughly with a potato masher or fork, add the spinach and mix, seasoning with salt and pepper.
6. Pile the beans and spinach on the plate and serve the salmon fillet and tomatoes on top. This recipe is a complete light meal or you can add bread or potatoes to make it more substantial.