



BigFish Recipe™

Piri Piri Salmon Fillets with Lentils and Peas

A super-easy dish for a healthy midweek supper.

Preparation time: 5 minutes
Cooking time: 10 minutes
Serves: 2

Ingredients

1 pack of BigFish salmon fillets, Piri Piri flavour
1 pack of microwaveable lentils
A cup of peas (frozen or fresh)
1 tbsp crème fraiche
1 tbsp horseradish sauce
1 avocado, sliced, to serve
Omega3 oil, for drizzling

Method

1. Mix the crème fraiche and the horseradish in a bowl to make a sauce. You can taste and vary the proportions until you get a mix you like, more crème fraiche for a milder flavour.
2. Microwave the lentils according to the pack instructions.
3. If you're using frozen peas, microwave these in a dish until warm before mixing into the cooked lentils in a bowl. If you're using fresh peas you can put these into the lentils raw.
4. Microwave the salmon fillets according to the pack instructions.
5. Divide the lentils and peas between two warmed plates. Now pop a cooked salmon fillet on top of each and pop a spoonful of the crème fraiche and horseradish mixture on top.
6. Garnish with slices of fresh avocado, drizzle each serving with a little Omega3 oil then eat and enjoy immediately!