



Roasted salmon with winter veg

This is simple to make and healthy, with a combination of delicious salmon plus a generous portion of vegetables. Ideal for those cool winter evenings!

Preparation time: 15 minutes

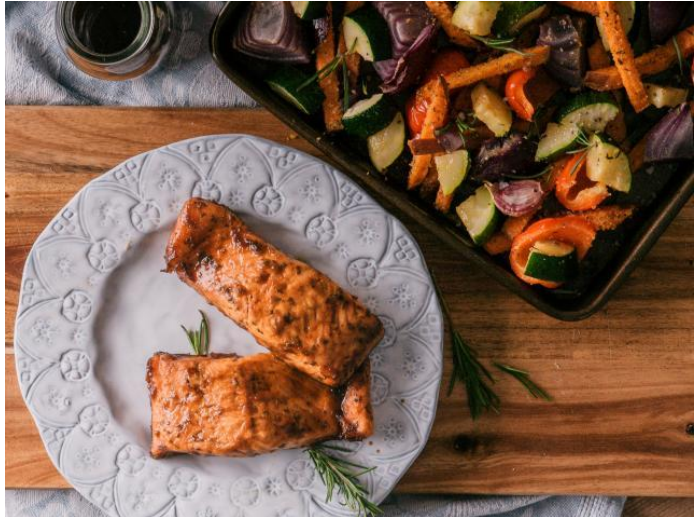
Cooking time: 30-40 minutes

Serves two

(easily multiplied to serve a bigger crowd).

Ingredients

2 BigFish™ Sweet Chilli Salmon Fillets
1 medium courgette, sliced
1 sweet potato, peeled and cut into chips
1 red pepper, deseeded cut into chunks
1 red onion, peeled and cut into chunks
3 cloves garlic
1 tbsp olive oil
Sea salt and black pepper to season



Method

1. Pre heat oven to 190°C (gas mark 5)
2. Place the courgette, sweet potato, pepper, onion and garlic in a plastic bag with the olive oil and a good twist of freshly ground sea salt and pepper. Seal the bag and gently shake until everything is covered with the seasoning and oil and place in a roasting tin.
3. Remove all packaging from the salmon fillets and loosely wrap in lightly oiled tin foil. Place on a baking tray and then put both tins in the oven for 30-40 minutes. Ovens vary, so check whether the salmon is cooked after 30 minutes. The vegetables should take around 40 minutes and are ready when the sprouts are starting to turn a nice golden colour at the edges.
4. Serve on warmed plates with the salmon fillet on top of a generous portion of vegetables.

#QuickandEasy

#Salmon