

Mediterranean salmon traybake

(Serves 4)

Ingredients

- 350g Shallots
- 850g Potatoes, new, halved, skins on
- 1/2 tsp Salt, reduced sodium
- 45 mls Oil, olive, napolini
- 1 medium Pepper, red, deseeded & chopped
- 480g Salmon fillets
- 2 Lemons, sliced
- 2 (appx 400g) Courgettes, cut into chunks
- 200g Tomatoes, cherry, whole
- 2 sprigs Rosemary
- 80ml Sour cream, reduced fat
- 2 tbsps Chives, fresh, chopped
- 1/4tsp Paprika, sweet

Preparation

1. Preheat oven to 200°C/400°F/Gas mark 6 (180°fan).
2. Trim shallots at each end. Parboil for 5 minutes with skins on. Plunge into cold water for 1 minute. Remove skins.
3. Parboil potatoes in salted water (using the 1/2 tsp salt) for 7-8 minutes. Drain.
4. Line a large roasting tin with foil. Put olive oil in roasting tin & heat oil for a few minutes in the oven.
5. Add potatoes, shallots & red pepper. Toss in oil. Roast for 15 minutes. Make a space in middle of the tray.
6. Put salmon in middle of the tray with slices of lemon underneath & above. Add courgettes & toss in the hot oil. Cook for 10 mins.
7. Pierce tomatoes. Add to tray with sprigs of rosemary. Cook for a further 5 mins.
8. Mix sour cream, chives & paprika.
9. Remove rosemary sprigs. Serve traybake with sour cream as a dip.

TOP TIP: Squeeze the warm lemon over salmon on serving to increase moisture & taste.

NUTRITIONAL VALUES PER SERVING

Calories 583

Total Sugars 10.57g

Total Fats 29.54g

Saturated Fats 5.22g

Salt 0.44g

Fruit & Veg 3.2