

SPRING SALMON WITH GREEN VEGETABLES & MINT



A very easy and tasty meal ready and on the table in 20 minutes.

Ingredients:

4 salmon fillets about 5oz each
750 gm small new potatoes thickly sliced
750gm bag of frozen peas and beans
3 tbsp olive oil
Zest and juice of 1 lemon
Small packet of mint leaves

Method:

Boil the potatoes in a large pan for 4 minutes.

Tip in the peas and beans, bring back up to a boil, then carry on cooking for another 3 mins until the potatoes and beans are tender.

Whizz the olive oil, lemon zest and juice and mint in a blender to make a dressing (or finely chop the mint and whisk into the oil and lemon).

Put the salmon in a microwave-proof dish, season, then pour the dressing over. Cover with cling film, pierce, then microwave on High for 4-5 mins until cooked through.

Drain the vegetables, then mix with the hot dressing and cooking juices from the fish. Serve the fish on top of the vegetables.

Using different herbs

If you don't have any mint to hand, you can use basil or dill instead.
Both add a delicious, herby freshness to this dish.