

SWEET GRILLED SALMON WITH BEAN MASH



**A great mid week meal that's also suitable for entertaining!
Very easy to make and tastes delicious.
Ready in 15 minutes with enough for 4 people**

Ingredients:

4 skinless salmon fillets about 6oz each
1 lime
1 tbsp clear honey
3 tbsp wholegrain mustard
3 cans butter beans rinsed
1oz butter
5 tbsp crème fraîche
1 bag rocket leaves

Method:

Set the grill to its highest setting.

Put the salmon fillets flesh-side up and evenly spaced in a shallow flameproof dish. Finely grate the zest of the lime into a bowl, then squeeze in the lime juice and stir in the honey, mustard and a good sprinkling of salt.

Pour the mixture over the salmon and place under the grill, without turning, for 5-6 minutes until it's golden on top and cooked through (check the centre with a fork).

Meanwhile, tip the beans into a saucepan and add the butter, crème fraîche, garlic and plenty of salt and pepper.

Turn the heat on to moderate and coarsely mash everything together - a wooden spoon or a masher will do the job - until hot and bubbling.

This only takes a few minutes as the beans are already cooked.

Tip in the rocket and stir into the mash until it's hot and just wilted.

Serve the salmon on the mash, drizzled with the cooking
You can add sliced spring onions and finely chopped red chilli to the mash for a bit of zing and added colour!