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WK35
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Oven-Baked Salmon with Pesto Potatoes

This fresh dish is perfect for the cooler months: baked potatoes and a salmon fillet are hearty enough to satisfy on a cold night, so you'll be warmed right down to the tips of your toes. Don't worry though, because baby spinach and a perfect pesto inject plenty of freshness and flavour to this dish as well.



Prep: 5 mins

Cook: 45 mins

Total: 50 mins



level 1



omega 3
rich



eat me
first

Pantry Items



Olive Oil



Potatoes



Salmon



Broccolini



Baby Spinach



Traditional Pesto

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2P	4P	Ingredients	
400 g	800 g	potatoes, unpeeled & quartered	
2 tsp	1 tbs	olive oil *	
2 fillets	4 fillets	salmon	
1 bunch	2 bunches	broccolini, chopped into thirds	
½ bag	1 bag	baby spinach, washed	
2 tbs	4 tbs	traditional pesto (recommended amount)	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2450	Kj
Protein	44.6	g
Fat, total	30.5	g
-saturated	4.5	g
Carbohydrate	28.5	g
-sugars	1.8	g
Sodium	236	mg



You will need: *chef's knife, chopping board, two oven trays lined with baking paper, medium bowl and tongs.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **potato** on one prepared oven tray and toss in the **olive oil**. Season with **salt** and **pepper** and roast in the oven for **40-45 minutes** or until tender and golden. Place the **salmon fillets** on the other prepared oven tray and season with salt and pepper. Add to the oven for the last **10-12 minutes** of the potatoes cooking time or until cooked to your liking. Please note cooking times may vary slightly depending on your oven.

3 Meanwhile, bring a small saucepan of water to the boil. Add the **broccolini** to the saucepan and cook for **2 minutes**, or until just soft. Drain.

4 Transfer the hot potato to a bowl and add the **baby spinach** and broccolini. Toss so that the hot potato and broccolini begins to wilt the baby spinach slightly. Add the **traditional pesto** and toss to coat well. Season to taste with salt and pepper.

5 To serve, divide the pesto potato salad, broccolini and baked salmon between plates.



Did you know? A salmon's sense of smell is keener than that of a dog or bear!