

SALMON TRAY BAKE



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Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
538 kcal
23g Fats
45g Carbs
39g Protein



WHAT YOU NEED

- 3 ½ cups (800g) baby potatoes, washed
- 2 tbsp. olive oil
- 1 cup (200g) tender steam broccoli or green beans
- 3 small red onions, cut into wedges
- 1 ¼ cup (250g) cherry tomatoes
- 2 rosemary springs
- 2 tbsp. balsamic vinegar
- 1 lb (500g) salmon fillets

WHAT YOU NEED TO DO

Pre-heat oven to 360°F (180°C).

Place the potatoes in a large baking tray and rub them in the olive oil. Season with salt and pepper, then bake for 10 minutes.

Next, add the onion and rosemary, drizzle with balsamic vinegar. Bake for another 10 minutes.

Season the salmon fillets with salt and pepper and add them to the tray bake alongside the broccoli. Bake for another 15 minutes.

Once salmon is cooked through, divide everything between 4 plates and serve.