

BRAIN-BOOSTING RECIPES



One-pan salmon with roast asparagus

INGREDIENTS

SERVES 2

- 400g new potatoes (halved if large)
- 2 tablespoons olive oil
- 8 asparagus spears (trimmed and halved)
- 2 handfuls cherry tomatoes
- 1 tablespoon balsamic vinegar
- 2 salmon fillets (about 140g each)
- Handful of basil leaves

Source: www.bbcgoodfood.com/recipes/5925/onepan-salmon-with-roast-asparagus



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METHOD

- Heat the oven to 220C/fan 200C/gas 7. Tip in the potatoes and 1 tablespoon of olive oil into an oven proof dish. Roast for 20 minutes until they start to brown
- Toss the asparagus in with the potatoes and cook for 15 minutes
- Add the cherry tomatoes and vinegar and place the salmon amongst the vegetables
- Drizzle the remaining oil and cook for another 10 – 15 minutes until the salmon is cooked
- Scatter the basil leaves to serve

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