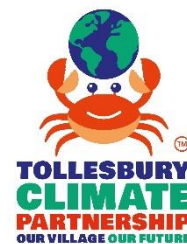


ONE-PAN BAKED SALMON (or TROUT)

The ingredients for this recipe are available at the Veg Van, Fred's Stores and Morrisons. Did you know that the Butchers sell fish?? Herbs are available from the TCP herb gardens around the village – just take what you need. The veggies can be swapped around depending what is in season – try French beans, asparagus, courgettes or sugar snap peas for a change. The fish can be swapped for white fish such as cod or haddock.



Serves 4

Ingredients:

700g new potatoes, washed, scrubbed and cut into 3cm chunks
1 garlic clove
6 spring onions, trimmed and cut into 3cm lengths
250g tenderstem broccoli, cut into 5cm lengths
12 cherry tomatoes
Handful of trimmed kale
2 tsp capers
4 trout or salmon fillets

Dressing:

2-3 tbsp olive oil
1 tbsp Dijon mustard
Large pinch of soft brown sugar
Juice of half a lemon
Salt and black pepper
2 tbsp chopped parsley, fennel or dill (or a mix)



Method:

Make sure you use a large roasting tin (if the tin is too small the potatoes won't crisp up)

Preheat the oven to 200C/180C fan/gas mark 6.

Place the potatoes in a large roasting tin, drizzle with 3 tbsp olive oil and season. Roast for about 20 minutes, until starting to soften and turn golden. Stir them carefully, then add the garlic and spring onions. Cook for a further 10 minutes.

Add the prepared broccoli, cherry tomatoes, kale and capers and stir to coat everything in the hot oil. Carefully make space for the fish fillets, season well and drizzle a little more olive oil over the mix if necessary. Bake for a further 10-15 minutes until the fish is cooked, the potatoes are crispy and the vegetables are tender.

Combine the dressing ingredients in a jug, and drizzle over the fish just before serving.