



Salmon Tray Bake

Serves 4

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

1. Pre-heat oven to 360°F (180°C).
2. 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.
3. Next, add the onion and rosemary, drizzle with balsamic vinegar. Bake for another 10 minutes.
4. Season the salmon fillets with salt and pepper and add them to the tray bake alongside the broccoli. Bake for another 15 minutes.
5. Once salmon is cooked through, divide everything between 4 plates and serve.

GF DF HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	45 mins	538	23	45	39

*Nutrition per serving