

## **Baked Salmon with Pesto Potatoes and Beans**

This recipe is all about minimal ingredients and stuff you would mostly have in your pantry. The recipe serves 4 but can be easily adapted for 1-2 people as well.

### **Serves 4**

### **Ingredients**

- 1kg chat potatoes, quartered (Alternative: could swap with sweet potato or carisma™ potato)
- 4 x 220g salmon fillets
- 4 thin prosciutto slices (modification: omit altogether)
- Olive oil, to drizzle
- 300g cherry tomatoes 350g thin green beans
- 1/2 cup (~100g) basil pesto

### **Method:**

1. Preheat the oven to 180°C. Cook the potatoes in boiling water for 8-10 minutes until tender. Drain.
2. While potatoes are cooking, wrap a prosciutto slice around the middle of each salmon fillet. Place on a baking tray, drizzle with olive oil and season. Bake for 5 minutes, then add tomatoes to tray, drizzle with oil and season. Cook for a further 4 minutes or until salmon is cooked.
3. Meanwhile, blanch the beans in boiling salted water for 2 minutes. Toss drained beans and potatoes with pesto and serve with salmon and tomatoes.

### **Tip**

- The total fat per serve might appear high as the salmon accounts for up to 75% of the fat in the analysis. It is one of the oily fish with good omega 3 fats.
- If you have oil in an aerosol can, using it to coat the tomatoes will often result in less oil used as compared to drizzling it over.
- Omitting the prosciutto will reduce a lot of salt/sodium from the recipe. Some alternatives could place a slice of lemon on the salmon and even a good dash of cracked black pepper.

**Nutrient analysis per serve (after modification):**

Energy: 3049kJ (726 calories), total fat 35g, saturated fat 7.5g, carbohydrate 37g, protein 62g, sodium 411mg

Recipe adapted from

[www.taste.com.au](http://www.taste.com.au)