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## Parmesan-Crusted Salmon with Potatoes & Green Beans

Salmon is a great, robust fish with good flavour, so these fillets can handle the decked out crust we've given them. Crispy panko breadcrumbs, freshly grated Parmesan cheese, lemon zest and parsley take this simple combination of fish, herby potatoes and green beans to the next level.

 **Prep:** 10 mins  
 **Cook:** 25 mins  
**Total:** 35 mins  
 **high protein**  
 **level 2**  
 **seafood first**

### Pantry Items



Butter



Olive Oil



Potatoes



Green Beans



Parsley



Panko Breadcrumbs



Parmesan Cheese



Lemon



Salmon

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces
½ bag	1 bag	green beans, trimmed
2 tsp	1 tbs	butter, melted *
½ bunch	1 bunch	parsley, finely chopped
¼ cup	½ cup	panko breadcrumbs
⅓ block	⅔ block	Parmesan cheese, finely grated
½	1	lemon, zested & cut into wedges
2 fillets	4 fillets	salmon
1 tsp	2 tsp	olive oil *

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1980	Kj
Protein	40.8	g
Fat, total	18.8	g
-saturated	6.2	g
Carbohydrate	32.1	g
-sugars	2	g
Sodium	195	mg



**You will need:** *chef's knife, chopping board, fine grater, small bowl, spoon, colander, oven tray lined with baking paper, and a large saucepan.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **potatoes** in a large saucepan and cover with water. Bring to the boil and cook for **20 minutes** or until the potatoes are tender when pierced with a fork. Add the **green beans** in the last **2 minutes**. Drain well. Return to saucepan and stir through the **butter** and half of the **parsley** until the potatoes and beans are coated. Season with **salt** and **pepper**.



**3** Meanwhile, combine the **panko breadcrumbs**, **Parmesan cheese**, **lemon zest** and the remaining parsley in a small bowl.

**4** Place the **salmon fillets** on the prepared tray and lightly brush or spray with **olive oil**. Spoon the mixture on the top side of the salmon and gently press to adhere. Cook in the oven for **10-12 minutes** or until the crust is golden and the salmon is just cooked through.



**5** To serve, divide the vegetables and salmon fillets between plates. Squeeze the **lemon wedges** over the dish. Enjoy!



**Did you know?** Panko is a Japanese-style breadcrumb and uses a different kind of bread compared to plain breadcrumbs.