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WK51
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Baked Salmon with Pesto Potato Salad

There's nothing quite like fresh seafood for the warmer months. This bold salmon fillet is just the thing to support a big bold pesto infused side. Simplicity never tasted quite so delicious.



Prep: 5 mins

Cook: 45 mins

Total: 50 mins



level 1



seafood
first



lactose
free

Pantry Items



Olive Oil



Potatoes



Salmon



Baby Spinach
Leaves






Traditional
Pesto

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2P	4P	Ingredients
400 g	800 g	potatoes, washed well & chopped into 3 cm chunks 
2 tsp	1 tbs	olive oil *
2 fillets	4 fillets	salmon
½ bag	1 bag	baby spinach leaves, washed 
1 tub	2 tubs	traditional pesto (recommended amount)

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2270	Kj
Protein	38.2	g
Fat, total	30.1	g
-saturated	4.5	g
Carbohydrate	27.7	g
-sugars	1.2	g
Sodium	208	mg



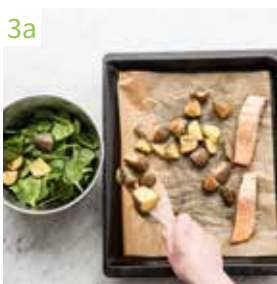
You will need: *chef's knife, chopping board, two oven trays lined with baking paper, medium bowl and tongs.*

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

2 Place the **potato** on one prepared oven tray and toss in the **olive oil**. Season with **salt** and **pepper** and roast in the oven for **40-45 minutes** or until tender and golden. Place the **salmon fillets** on the other prepared oven tray and season with salt and pepper. Add to the oven for the last **10-12 minutes** of the potato cooking time or until cooked to your liking. Please note cooking times may vary slightly depending on your oven.

3 Transfer the hot potato to a bowl and add the **baby spinach leaves**. Toss so that the hot potato begins to wilt the baby spinach slightly. Add the **traditional pesto** and toss to coat well. Season to taste with salt and pepper.

4 To serve, divide the pesto potato salad and baked salmon between plates.



Did you know? There are approximately 5,000 potato varieties worldwide.