Parmesan-Crusted Salmon with Potatoes & Greens

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

Prep: *10 mins*
Cook: *25 mins*
Total: *35 mins*

level 2

omega 3 rich

seafood first

Pantry Items

Butter

Olive Oil

Potatoes	Sugar Snap Peas	Parsley	Panko Breadcrumbs

Parmesan Cheese	Lemon	Salmon

2P	4P	Ingredients	
400 g	800 g	potatoes, unpeeled & quartered	
100 g	200 g	sugar snap peas, trimmed	
2 tsp	1 tbs	butter, melted *	
⅓ bunch	⅔ bunch	parsley, finely chopped	⊕
¼ cup	½ cup	panko breadcrumbs	
½ block	1 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

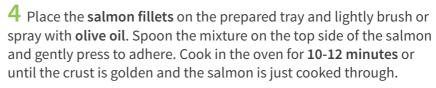|		
Energy	2050	Kj
Protein	42.2	g
Fat, total	20	g
-saturated	7	g
Carbohydrate	32	g
-sugars	2	g
Sodium	243	mg

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

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

2 Place the **potato** in a large saucepan and cover with water. Bring to the boil and cook for **20 minutes** or until the potato are tender when pierced with a fork. Add the **sugar snap peas** in the last **2 minutes**. Drain well. Return to the saucepan and stir through the **butter** and half of the **parsley** until the potato and sugar snap peas 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.