

Salmon with roasted seasonal vegetables

SERVES 4 PREP 5mins COOK 55mins EASY

** This recipe will work nicely with any white fish*



Low saturated fat

- 4 carrots (approx 200g), peeled and chopped
- 2 leeks (approx 300g), washed and chopped
- 1 red onion (approx 90g), chopped
- 750g The Co-operative British red potatoes, peeled and chopped into 2cm cubes
- 250ml stock (made from ½ very low-salt vegetable stock cube)
- 2 lemons

- 3 garlic cloves, crushed
- 2 fresh bay leaves
- 25g fresh thyme
- 480g The Co-operative farmed Scottish salmon fillets
- black pepper

1 Pre-heat the oven to 180°C/Gas 4. Put all the veg in a large roasting tin with the stock, juice of one of the lemons, the garlic, the bay leaves and most of the fresh thyme (reserving four sprigs). Put into the oven for 45 minutes.

2 Meanwhile, take four pieces of tin foil and place a salmon fillet in the centre of each with a slice of lemon and sprig of thyme. Season with black pepper and seal up.
3 Remove the vegetables from the roasting tin and set aside. Place the sealed fish in the oven and cook for 8-10 minutes. Remove and serve with the vegetables.

Calories 415	Fat 14.5g	Sat Fat 2.7g	Sugars 8.1g	Salt Trace
approx. per serving				
✓ 1 of your 5-a-day				

The **co-operative**
good with food