



## Peppered salmon fillets - Serves 4

### Ingredients:

- 7 (300g) new potatoes
- 4 salmon fillets
- juice of half a lemon
- freshly ground pepper
- 100g peas (frozen or tinned)
- 10ml olive oil or vegetable oil
- 1 teaspoon parsley, chopped

### Method:

1. Pre heat oven to 190C or put grill on medium heat.
2. Cook the potatoes in boiling water for 10-15 minutes.
3. Lay the salmon fillets on a foil-lined baking tray; squeeze lemon juice over the salmon and sprinkle with pepper.
4. Bake or grill the salmon for about 6 minutes – the flesh is cooked when the salmon is pink and thick, and flakes easily with a fork.
5. When the potatoes are nearly cooked, add the peas and cook for a couple of minutes; drain through a sieve and return to the pan.
6. Season the potato and pea mixture with pepper, and then add oil and parsley; crush roughly with a wooden spoon or masher.
7. Serve the salmon on a plate, on the top of the crushed potato mixture.

### Alternatives

- A sprinkling of fennel seeds makes an interesting alternative to milled pepper on salmon fillets
- Steamed or lightly boiled cabbage is delicious with the potatoes, instead of peas.

## **Did you know ?**

Salmon is a rich source of omega-3 fats. Omega-3 fats have been shown to improve the behaviour, reading and spelling of some children.

Omega-3 fats are vital in the development of the brain and eyes in infants. They have also been known to reduce inflammation, and have been shown to be helpful in the treatment of heart disease.

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