






SALMON, POTATO AND ASPARAGUS TRAY BAKE

If you're feeling the spring vibes, give this tray bake a whirl. Not only does it look like spring, it contains a good dose of omega 3 fatty acids and some essential nutrients to help give you a much needed [pandemic] spring in your step.

 5 minutes
 40 minutes
 4 portions

INGREDIENTS

- 450 grams of new potatoes, quartered
- 3 tablespoons of olive oil
- 2 cloves of garlic, minced
- 1/2 a lemon, juice only
- 4 salmon fillets, (130g each)
- 250 grams of asparagus

COOKING METHOD

- 1° Preheat the oven to 400F (200C). Toss the potatoes in 1 tbsp of olive oil. Season with salt and pepper, arrange on a large baking tray and bake for 15 minutes, then remove from the oven.
- 2° While the potatoes are roasting, combine 2 tbsp. of olive oil with the minced garlic and lemon juice.
- 3° Season the salmon and asparagus with salt and pepper. Once the potatoes are removed from the oven, push them to one side of the baking tray and arrange the salmon and asparagus next to the potatoes. Drizzle the salmon with the garlic and lemon oil.
- 4° Bake for another 15 minutes or until the salmon is cooked through. Grill the contents of the tray for 5 minutes until crispy.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (325 g)	% DRI
ENERGY	139 kcal	451 kcal	23 %
PROTEIN	9 g	30 g	61 %
CARBOHYDRATE	6 g	19 g	7 %
SUGARS	1 g	3 g	3 %
FAT	9 g	28 g	40 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	24 %
FIBER	1 g	2 g	9 %
SODIUM	19 mg	60 mg	3 %