
Typ: Fisch

Quelle: https://www.bbc.co.uk/food/recipes/baked_salmon_

Bemerkungen: Broccoli vorher blanchieren. Kohlrabi-Stifte statt Spargel.

Zutaten 650 g small potatoes, scrubbed and cut into 3-cm-chunks
2-3 tbsp olive oil
1 large garlic clove, sliced
6 spring onions, trimmed and cut into 3cm lengths
200 g broccoli, cut into 5cm lengths
8 asparagus spears, trimmed and cut into 5-cm-lengths
12 cherry tomatoes
4 x 150g salmon fillets
2 tbsp finely chopped fresh flatleaf parsley
1 tbsp chopped fresh dill
2 tbsp capers, chopped
3 tbsp extra virgin olive oil
½ unwaxed lemon, zest and juice only
salt and freshly ground black peppe

Rezept: Preheat the oven to 200°C/180°C Fan

Place the potatoes a large roasting tin. Drizzle with 2 tablespoons olive oil, season well with salt and pepper and roast for 30 minutes until starting to turn golden and soften. Turn the potatoes over, add the garlic and spring onions and cook for a further 10 minutes.

Remove the tin from the oven, add the broccoli, asparagus and cherry tomatoes and stir to coat in the hot oil. Make four spaces among the vegetables, and nestle one salmon fillet in each space, season well, drizzle with a little olive oil and return to the oven for a further 10–15 minutes until the salmon is cooked through and the vegetables are tender.

Meanwhile combine the chopped herbs, capers, extra virgin olive oil and lemon zest and juice in a small bowl and season with salt and pepper.

Drizzle the herby dressing over the salmon and vegetables and serve.