

Oven-baked side of salmon

Serves 4

Ingredients

- **800 g** salmon fillet in one piece, skin on
- **600 g** firm potatoes or sweet potatoes
- **1 kg** mixed vegetables, such as carrots, peppers, courgettes, mushrooms and broccoli
- **1** lemon or lime
- Olive oil, sea salt and pepper
- Basil or dill mayonnaise, optional, to serve

Method

1. Preheat the oven to 180 °C and line a large baking tray with parchment.
2. Wash the vegetables and keep each type separate. Cut the potatoes and firmer vegetables such as carrots into small pieces. Cut softer vegetables like peppers and courgettes into larger pieces.
3. Set the salmon skin-side down at the top of the tray. Arrange the potatoes and each vegetable below it in their own rows. Drizzle with olive oil and season with salt and pepper.
4. Rub a little olive oil over the salmon and sprinkle with sea salt, pepper and lemon or lime zest. Slice the zested fruit to serve with the fish.
5. Roast the tray in the oven. After 20 minutes, check the salmon, potatoes and vegetables separately for doneness. Take off anything that is ready and return the rest to the oven as needed. Serve with the citrus slices and herb mayonnaise, if using.

EQUIPMENT

Large baking tray, baking parchment and a fine grater.

> **Tip:** For dill or basil mayonnaise, blend mayonnaise with a spoonful of yoghurt and fresh herbs.

> **Tip:** Try teriyaki, ginger, chilli and lemongrass and serve with rice or noodles. Or brush the salmon with garlic butter and scatter with fresh herbs.