

INGREDIENTS Tick

- 120g** salmon fillet

- 4** baby boil potatoes

- 1** carrot

- 4** pieces of broccoli

- 1** teaspoon of sundried tomato pesto

Ingredients



SERVES 1



Calories: 493

Fat: 17.5g

Carbs: 34.4g

Protein: 39g

To guide you through some of the recipes videos are available online at:

www.loafcatering.com/video



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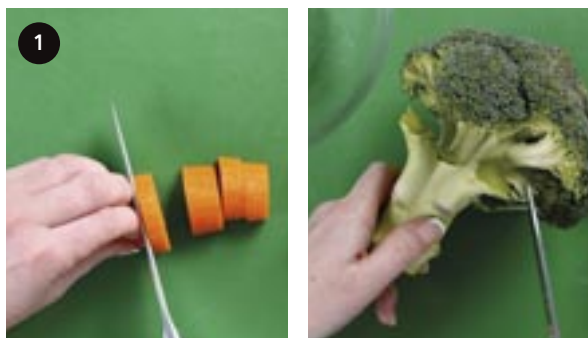


RECIPE

METHOD: Salmon Dinner

STEP 1

Wash baby boil potatoes & peel carrots. Chop carrot & broccoli into chunks. Place baby potatoes & carrots in the steamer saucepan.



STEP 2

Fill bottom of steamer saucepan with water. Put carrots & potatoes on the boil



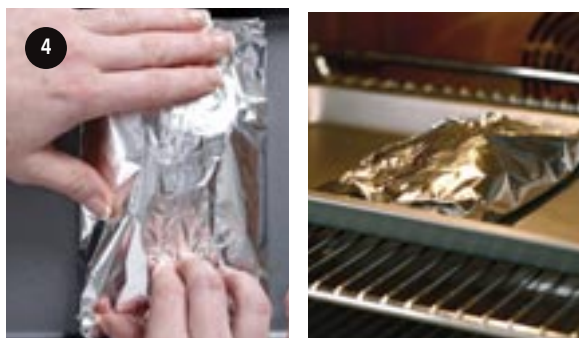
STEP 3

Place the salmon fillet on tinfoil & baking tray. Pre-heat the oven to 180°C or Gas mark 4. Spread the pesto over the salmon



STEP 4

Fold the tinfoil & place in the oven for 20 minutes



STEP 5

Add the broccoli to the saucepan when the carrots begin to get soft



STEP 6

When the salmon is ready take the carrots, potatoes & broccoli out of the steamer & plate up the dish & serve. Enjoy!

