Pesto Salmon

Ingredients
- 2 x 6oz salmon fillets
- 1 x zucchini, sliced into half moon shapes
- 10 x cherry tomatoes, halved
- 1 tbsp olive oil
- Seasoning to taste
- 4 tablespoons green pesto
- 2 cups baby potatoes sliced in half

Making it
1. Bring a pot of water to the boil and all potatoes. Cook for 10 minutes. Drain.
2. Preheat oven to 400°F or 200°C.
3. Tear off 2 large sheets of aluminum foil.
4. Half the zucchini slices and lay slices on each sheet of tinfoil to form a base on which to rest the salmon. Drizzle olive oil and season with salt and pepper.
5. Lay the salmon on top of the zucchini and spread the pesto over the salmon. Place the cherry tomatoes on top.
6. Wrap the aluminum foil into a pouch making sure there are no gaps through which steam can escape. Be careful not to wrap the fish too tightly.
7. Place the pouches on a baking tray and scatter cooked potatoes around the pouches with a drizzle of olive oil and seasoning.
8. Cook for 10 – 15 minutes (20 if salmon is very thick).
9. Remove from oven. Check salmon is no longer raw at the centre and serve.

NUTRITION FACTS
Servings: 2 servings
PER SERVING
Calories (kcal): 650
Fat (g): 40
Carbohydrate (g): 40
Fibre (g): 3
Protein (g): 40

TIPS & HINTS
Buy a large salmon as it’s often better value for money. Cut into fillets and freeze what you don’t want to use.
Make two pouches, cook one and save the other for next day’s dinner.