

Grilled Salmon with Ratatouille & New Potatoes



Serves 2

Prep 5 mins

Cooking 40 mins

Easy

Ingredients

2 teaspoon of olive oil
2 red peppers, de-seeded & cut into thick squares
1 red onion, peeled and cut into small wedges
2 medium courgettes, cubed
4 medium tomatoes, quartered, pips & stalks removed
1 garlic clove, peeled and crushed (optional)
8 small new potatoes, peeled or unpeeled (to taste)
2 medium salmon fillets (120g each)
1 dash of red wine or red wine vinegar
Twist of freshly ground black pepper
2 tablespoons of fresh basil
6 black olives, halved (optional)
2 tbsp of Parmesan
Lemon wedges to serve

For the pasta

1 onion
1 tbsp olive oil
450g tin chopped tomatoes
80ml vegetable stock
1 tbsp fresh thyme
30 ml red wine
1 a few basil leaves
Salt, pepper, sugar
125g tagliatelle
Parmesan

1. Heat the oil in a non-stick pan and when hot, add the peppers and onion & cook for \pm 3 mins.
2. Add the courgette, tomato & garlic, turn down the heat to low & cook gently for at least 20 mins.
3. Boil the new potatoes, for 20 -25 minutes, until cooked through.
4. As you put your potatoes onto boil, heat your grill and when ready cook the salmon for \pm 10 mins (it will depend on its thickness & cut). In the meantime, grill the salmon under a medium heat for 6-7 mins on each side or until cooked through.
5. Or you can pan-fry the salmon (best with skin on): place grill pan on heat, brush salmon with oil, when pan is hot, add salmon and grill on each side.
6. Finish your ratatouille with a dash of red wine vinegar or red wine, a twist of black pepper, fresh basil, olives (if using) and Parmesan.
7. Simmer for a further 3 mins and serve along with the salmon and potatoes.

You can make Ratatouille pasta with the leftover ratatouille:

Finely chop one onion and sauté in a tablespoon of olive oil until the edges turn golden. Add some salt and 30 ml of wine (optional) and cook for one minute. Add a tin of chopped tomatoes, 80 ml of vegetable stock, a tablespoon of thyme, black pepper and a pinch of sugar. Reduce the heat to medium-low and simmer gently. After 4 or 5 mins, add the leftover ratatouille to the sauce and continue to simmer for 5 mins. While waiting, cook some fresh tagliatelle for 5 mins. Serve with some grated parmesan and some basil leaves.