

Lemon Crusted Salmon, Green Beans & Tzatziki



Serves 2

Prep 15-20mins

Cook 15 mins

Easy

Ingredients

For the salmon

ciabatta bread
grated zest of 1 lemon
2 pieces of salmon fillet, skinned
1 egg, beaten
new potatoes
green beans
baby courgettes

For the tzatziki

small tub low fat yoghurt
1/2 cucumber
a few drops of lemon juice

For the salmon

1. Preheat the oven to 220/Fan 200C/Gas 7. Cut the ciabatta in half. Take off the crust and blitz the rest in a blender to turn into crumbs. Tip the crumbs onto a plate and mix with the lemon zest.
2. Season the fish with freshly ground black pepper and dip the top and the sides of each piece in the egg, then the crumbs. Put the coated fish on the heated baking tray and bake for 10-12 minutes, depending on the thickness of the fish, until cooked and crisp.
3. Cook the vegetables and serve with the tzatziki below.

For the tzatziki

1. Grated the cucumber and let it drain in a colander. Then squeeze out all the liquid and drain some more. Mix with the yoghurt and stir in a few drops of lemon to taste.