

Lightly Smoked Salmon Stir-fry with Basil Oil



Serves 4 Prep 15 mins

Cooking 30 mins

Easy

Ingredients

600g new potatoes, larger ones cut in half
4 lightly smoked salmon fillets
3 tbsp olive oil
300g green beans, topped & tailed
1 pack baby courgettes, cut into thin rounds
5 spring onions, finely sliced
4 plum tomatoes, skinned, seeds removed & chopped
zest & juice 1 lemon

For the basil oil

100ml olive oil
60g basil, leaves picked

1. Preheat the oven to 200C/ Fan 180C/ Gas 6. Cook the potatoes in a pan for 20 mins.
2. Place the salmon fillets skin side down on a baking tray, drizzle with 1 tbsp of oil, season with black pepper and put in the oven to cook for 20 mins.
3. Pop the green beans into the potato pan for 5 mins to blanch, remove with a slotted spoon onto some kitchen roll and set aside.
4. Make the basil oil by whizzing all the ingredients with some seasoning. Taste and set aside.
5. When the fish has 5 mins cooking time left, add the beans, baby courgettes, spring onions and 1 tbsp oil into a large non-stick frying pan. On medium-high heat, stir-fry the veg for 3 mins, then add in the chopped tomatoes for a further 1 min. Remove from the heat, adding the lemon zest and juice.
6. Drain the potatoes and remove the salmon from the oven. Plate up the fish with the potatoes and vegetables, then drizzle over the basil oil.