

Pesto-baked Salmon Fillets



Serves 4

Prep 10 mins

Cooking 50 mins

Easy

Ingredients

500g new potatoes
2 small red onions, quartered
1 red pepper, cut into 8 slices
1 green pepper, cut into 8 slices
1-2 tbsp olive oil
100g soft cheese
100g green olives, pitted & finely chopped
4 skinless salmon fillets
50g breadcrumbs
150g cherry tomatoes on the vine

Classic Basil pesto

large bunch basil
60g pine nuts, toasted
1/2 lemon, juiced
50ml olive oil
50g parmesan, finely grated

Make your own pesto or use a good-quality shop-bought version.

1. Heat oven to 200C/fan 180C/gas 6. Boil the potatoes in a pan of salted, boiling water for 8-10 mins or until tender. Drain, cut lengthways, & put into a bowl with the onions & peppers. Drizzle with oil, season, & toss to coat. Scatter over a large non-stick baking tray & roast in the oven for 30 mins or until the onions & peppers have softened, & the potatoes are turning golden.
2. Meanwhile, make the pesto. Put the basil into a blender with the pine nuts, lemon juice & oil. Blend until a loose consistency, then add the parmesan & stir through. Season & set aside.
3. Mix the soft cheese with the olives and 2 tbsp of the pesto in a small bowl, then spoon on top of the salmon fillets and sprinkle over the breadcrumbs.
4. Remove the tray from the oven. Add the salmon and cherry tomatoes, then return to the oven to cook for a further 12-14 mins or until the salmon is cooked through.
5. Slow Cooker Note: halve the potatoes lengthways and put in your slow cooker with the oil, onions, peppers, tomatoes and some seasoning. Mix well, put on the lid and cook on high for 3 hours, stirring occasionally. Next, follow steps 2-3. Put a sheet of baking paper on top of the vegetables, then put the salmon fillets on top of the paper - this will help you lift the fillets out when it comes to serving. Put the lid back on, reduce the heat to the low setting, & cook for 2 hours or until the salmon is cooked through.