

Salmon & Broccoli Potato Bake



Serves 4

Prep 10mins

Cook 20 mins

Ingredients:

For the bake

750g medium potatoes, cut into wedges
1 head broccoli, trimmed & broken into florets
2 large salmon fillets cut into large pieces
handful grated parmesan or more cheddar

For the cheese sauce

75g Cheddar, grated
1 pint/570ml milk
40g plain flour
40g butter
salt and freshly milled black pepper

To make the cheese sauce:

1. Put all butter, half the milk and flour into a saucepan over gentle heat and stir until the mixture thickens. Keep stirring continuously to avoid lumps forming. Add more milk until it gets to the required thickness. Take off the heat and add the grated cheddar.

For the bake:

2. Put the potato wedges into a shallow microwave-proof baking dish, then cook on High for 10 mins until almost tender all the way through (turn the wedges halfway through to ensure even cooking). Add the broccoli, recover and cook for another 3 mins or until the florets just give with a knife. You can also parboil both vegetables instead.
3. Heat the grill to medium. Nestle the salmon among the potatoes and broccoli, then spoon over the cheese sauce, making sure the broccoli is covered with the sauce. Sprinkle with some more grated cheese or parmesan for 5 mins until the sauce is bubbling, the tips of the potatoes are golden and the salmon is just cooked.