

Baked Salmon with Mash & Broccoli

(4 serves)

Ingredients

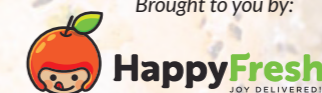
2-3 salmon fillets
1 tbsp organic butter
Fresh dill
1 large broccoli, cut in to florets
5-6 potatoes, peeled and chopped

Directions

1. Preheat oven to 180 degrees.
2. Fill a pot with boiling water and a bit of salt. Add the potatoes. Allow to cook until you can pierce a fork through it.
3. Place the salmon in a baking dish, with a knob of butter and sprinkle fresh dill. Cover with a lid and place in the oven. Cook for about 15 minutes. Check by cutting the fish and it's no longer raw.
4. Once the potatoes are cooked, removed from heat and drain. Return the potatoes to the pot and add 1 tsp of butter and the milk. Mash until smooth.
5. Fill a pot with approximately half an inch of water. Place a metal colander or strainer inside, don't allow the water to touch the colander/strainer. Place the broccoli inside and cover the pot. Allow to cook for about 5 minutes.
6. Remove the fish from the oven and serve with the mashed potato and broccoli.

Tip: To change up the dish, use a different fish such as cod or snapper. Instead of white potatoes, use sweet potato. Switch the broccoli to cauliflower or any other vegetable you like.

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