



Salmon with Vinaigrette

SERVES 4

INGREDIENTS

480g salmon fillets, skin and bones removed
Olive oil spray
2 tsp olive oil
2 tbs white wine vinegar
1 tbs chopped tarragon
2 tsp Dijon mustard

Salad

200g cherry tomatoes
1 can artichoke hearts, drained or 2
baby fennel bulbs, halved
2 baby marrow, sliced lengthwise
150g baby spinach leaves
1 tbs lemon juice
Splash of olive oil

METHOD

1. Preheat oven to 180°C.
2. To prepare the salad place the tomatoes on a lined baking tray and roast for 15-20 minutes or until just softened. Set aside. Reduce oven to 140°C.
3. Heat a non-stick frying pan or grill plate over high heat and spray with olive oil. Cook the baby marrow and fennel (if using) until coloured on each side. Set aside.
4. Place the salmon fillets on a lined baking tray, place in the oven and bake for 15 minutes. The salmon will be cooked at this point even though it may look under cooked.
5. To prepare the vinaigrette whisk together the olive oil, vinegar, tarragon and mustard.
6. Combine all salad ingredients in a bowl.
7. Serve salmon drizzled with vinaigrette on top of the salad.

