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Baked Salmon with Asparagus and New Potatoes

Ingredients

Half a fillet of salmon

Asparagus

New potatoes

2 ripe tomatoes (de seeded and diced)

4 fl oz. virgin olive oil

bunch of basil (julienne)

salt and pepper to taste

Preparation

- 1 Season salmon with salt and pepper and a little oil. Bake in pre heated oven (200C) for 20 minutes but all depending of size of the fillet
- 2 In a pot, put in quarter cup virgin olive oil, just warm the oil then add in diced tomatoes. Give it a good stir then add julienned basil leaves. Season with salt and pepper. Set aside
- 3 Trim the ends of the asparagus spears. In fry pan fry asparagus in batches till lightly browned and cooked. Take out and arrange in serving dish
- 4 Boil new potatoes. When done drain and season with olive oil, salt and pepper. Put well coated potatoes in serving bowl
- 5 Take salmon out. Transfer into s serving plate then pour over olive oil, tomatoes and basil dressing all over the fillet.

Cooks Note
