



Roast Salmon with Garden Vegetables

Serves: 2 | Prep: 10 mins | Cook: 45 mins

Ingredients

- 2 fillets of fresh salmon
- 250gm cherry tomatoes
- 1 broccoli head, florets separated
- 2 carrots, halved lengthways
- ¼ pumpkin, sliced with skin on
- 2tbsp honey
- Olive oil
- Salt and pepper, to season
- Fresh dill, to serve

Method

- Combine honey and olive oil, add carrots and mix until coated. Place on a roasting tray and cook for 30 mins at 180 °C, turning halfway.
- Place pumpkin slices and tomatoes on a roasting tray, drizzle with olive oil and season with salt and pepper. Cook for 30mins at 180 °C, turning halfway.
- Place broccoli florets into a pot of boiling water and cook for 5mins or until tender.
- Heat olive oil in a pan, place salmon skin side down and cook on med-high heat for 5 mins, turn salmon and cook for another 5 mins.
- To serve, place all vegetables on a plate beside the cooked salmon, top with fresh dill and a squeeze of lemon.
- Enjoy!

HINT: You can easily swap vegetables in this dish for what you have available in your fridge or garden.