Product Spotlight: Salmon

Salmon is an excellent source of high quality protein, vitamins and minerals. Rinse your fillets before cooking to remove any stray scales.

Spanish Salmon

with Patatas Bravas

A mild but tasty version of the much loved Spanish street food! Crispy potatoes, covered in a rich tomato sauce with Spanish flavours, served with salmon fillets and corn cobettes.

🕛 25 minutes   🍴 2 servings   🐟 Fish

Switch it up!

If you don't feel like making the sauce, you can roast the tomatoes in the oven with the salmon and corn.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	32g	65g

1. ROAST THE POTATOES

Set oven to 220ºC.

Dice potatoes and toss on a lined oven tray with **oil, salt and pepper.** Roast for 15 minutes (see step 3).

2. COOK THE SAUCE

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice onion and halve tomatoes. Add to pan as you go along with 3 tsp Spanish spice mix and **2 tbsp water**. Cook, stirring occasionally, for 15 minutes (see step 4).

3. ROAST THE SALMON & CORN

Meanwhile, cut corn into cobettes. Coat corn and salmon fillets with 2 tsp Spanish spice mix, **oil, salt and pepper**. Place on same tray as potatoes (or on a separate tray) and roast for a further 10 minutes until cooked through.

4. FINISH THE SAUCE

Gently squash the tomatoes with a fork. Season with **1/2 tbsp vinegar, 1 tsp sugar, salt and pepper**.

5. FINISH AND SERVE

Remove the potatoes to a serving plate and cover with sauce. Chop parsley and sprinkle on top. Serve with salmon and corn.