



GRILLED SALMON, HERB BUTTER, NEW POTATOES AND ASPARAGUS.

Serves 2

INGREDIENTS

8 baby new potatoes (chop any large ones in half)
2 boneless salmon fillets, skin on
1 tsp wholegrain mustard
1 tsp honey
Pinch of black pepper
125g asparagus tips, woody ends broken off and discarded

Herb butter:

4 tbsp softened butter (use salted butter or unsalted with a pinch of Maldon sea salt)
2 tbsp finely chopped fresh parsley
1 tbsp finely chopped fresh dill
½ small clove of garlic, peeled and minced

To Serve:

6 cherry tomatoes, sliced in half
2 handfuls fresh baby rocket
Half a lemon, sliced
1 tbsp olive oil

METHOD

1. Steam the baby new potatoes for 20 minutes until tender.
2. Meanwhile, pre-heat the grill to a high heat. Place the salmon on a grill tray, skin-side-up. Grill for 3 minutes, until the skin starts to crisp. Turn the heat down a little to medium-high.
3. Whilst the salmon is grilling, mix together the herb butter ingredients.
4. Turn the salmon over, spoon on the honey and mustard, sprinkle with the pepper and dot half of the herb butter onto the salmon fillets.
5. Place the salmon back under the grill for 7-10 minutes, until cooked through.
6. Whilst the salmon is cooking, steam the asparagus for 5-6 minutes until tender.
7. Place the salmon on two plates. Serve with the steamed potatoes, steamed asparagus, chopped tomatoes, baby rocket and lemon slices. Top the potatoes and asparagus with a drizzle of olive oil and the remaining herb butter, so that it melts onto the vegetables.

TIP

Make extra herb butter, and store in the fridge, wrapped. It makes a great topping for steak or roast chicken!