



Salmon with pomegranate salsa

Prep: 45 minutes • Cook: 15 minutes • Serves: 2



Ingredients

2 salmon fillets (up to 100g per portion)
1 tablespoon honey or maple syrup
1 tablespoon olive oil
1 lemon, zest and juice
Handful parsley (approx. 20g), roughly chopped
1 small red onion, finely chopped
20g pomegranate seeds

To serve

80g baby sweetcorn
80g tenderstem broccoli
200g new potatoes

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£2.69**

Carbohydrate **34g**

Energy in kcals **445**

- 1** Put salmon on a small baking sheet. Make the marinade by mixing the honey or maple syrup, half the olive oil, half the lemon zest and juice and a grind of black pepper together in a bowl. Brush the salmon fillets with the marinade and chill for at least 30 minutes.
- 2** Pre-heat oven to 180°C / fan 160°C / gas mark 4. Bake salmon for 12 to 15 minutes until fillets are cooked through. Whilst the salmon is cooking, put potatoes in a pan, cover with cold water and put on a high heat. Bring to a boil and cook for approximately 15 minutes, until just soft. Drain.
- 3** Fill a saucepan with cold water and add the vegetables, boiling the broccoli and baby sweetcorn until just tender. Drain. Mix the parsley, pomegranate seeds, red onion, remaining olive oil, lemon juice and zest together to make a salsa. Set aside.
- 4** Remove salmon from the oven and serve with the salsa, potatoes and vegetables.