

## SEASONAL RECIPE

### Fresh Salmon with Spring Vegetables and Mint

This is one of our favourite recipes. Fresh Irish salmon is simply coated with a delicious lemon-mint dressing and fresh mint leaves. If you don't have any mint to hand, you can use basil or dill instead. Both add delicious, herby freshness to this dish.



#### Ingredients:

- 4 Salmon fillets, about 140g/5oz each
- 750g small new potatoes, thickly sliced
- 750g frozen peas and green beans
- 3 tbsp olive oil
- Zest and juice of one lemon
- Fresh mint leaves
- Salt and pepper

#### How to make it:

Boil the potato slices in a large pan for 4 minutes. Tip in the peas and beans, bring back up to a boil, and then carry on cooking until the potatoes, beans and peas are tender. Whizz the olive oil, lemon zest, lemon juice and mint in a blender and make a dressing (or finally chop the mint and mix into the oil and lemon). Leave a few for decoration.

Put the salmon into a microwave-proof dish, season with salt and pepper, and then pour the dressing over. Cover with cling film, pierce, and microwave on 'high' for 4-5 minutes until cooked through. Drain the vegetables, and mix with the hot dressing and cooking juices from the fish. Serve the fish on top of the vegetables. Decorate with mint leaves.

**Enjoy!**