

# NUT CRUSTED SALMON TRAY BAKE



## QUICK

10 mins prep time

## HEALTHY

The natural fat in the salmon and nuts keeps the fish moist so no additional fat is needed

## FAMILY

Feeds 5

## MEALS

Bake with broccoli, cauliflower, pepper & potato drizzled with oil all on the same tray

## INGREDIENTS

- 5 salmon fillets
- 150g nuts – walnuts or pecans
- Small handful herbs – basil or chives

To make the tray bake – a variety of vegetables such as :-

- ½ head broccoli
- ½ head cauliflower
- 3 potatoes thinly sliced
- 1 pepper
- Bunch Asparagus spears
- 250g cherry tomatoes
- Optional - Garlic salt

- Try:-
- Basil and walnuts
- Pecans and chives

## METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Blitz the nuts till like crumbs
- 3) Finely chop the herbs and add. Mix
- 4) Season your salmon
- 5) Lay the mix over the salmon
- 6) Bake in the oven for 20-25 minutes

To make this a one tray bake.

- 1) Add vegetables to the tray with the salmon
- 2) Season and drizzle with oil.
- 3) 10 minutes before cooking is finished, add some cherry tomatoes and spinach to the tray. Optional - sprinkle the veg with garlic salt if you have some



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)