

Recipe 5 – Salmon and Spring Onion Mash

Serves: 4 adults

Preparation: 20 minutes

Cooking: 25 minutes

Ingredients to put on your shopping list:

- 1kg potatoes, peeled and cut into chunks
- 6 spring onions, finely sliced
- 1 teaspoon vegetable oil
- 4 salmon fillets
- 4 tablespoons 1% fat milk
- 2 tablespoons fresh parsley, chopped
- 250g broccoli, broken into florets
- 1 pinch ground black pepper

How to make your salmon and spring onion mash:

Step 1. Cook the potatoes in boiling water for 20 minutes, until tender, adding the spring onions to the saucepan 5 minutes before the end of cooking time.

Step 2. When the potatoes have been cooking for 10 minutes, start to prepare the salmon. Heat the vegetable oil in a non-stick frying pan, brushing it over the surface.

Step 3. Add the salmon, skin side down. Cook over a high heat for 2-3 minutes, without moving the fillets. Turn the salmon over, reduce the heat and cook for a further 3-4 minutes.

Use haddock, coley or cod fillets instead of salmon, or try using trout fillets or steaks.

Step 4. At this point, put the broccoli on to cook in a little boiling water - it will take about 5-6 minutes. Let the salmon rest for a few minutes while making the mash.

Step 5. Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for 1 minute, beating well. Share the mash between 4 warmed plates and arrange the salmon fillets on top. Serve with the broccoli.

Try using chopped chives or dill instead of parsley, or use a pinch of mixed dried herbs.