

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S SWEET & SOUR SALMON

 **Prep:** 10 minutes

 **Cook:** 45 minutes

 **Serves:** 2

INGREDIENTS:

- 6 Albert Bartlett Apache Potatoes, halved
- 2 salmon fillets
- 275g fresh pineapple
- 150g French green beans
- Drizzle olive oil

Marinade

- 1 tbsp runny honey
- 4 spring onions, chopped
- 1 green chilli, deseeded and finely chopped
- 1 clove garlic, grated

- Sprinkle dried Italian herbs
- Freshly ground black pepper
- Pinch **LoSalt**

METHOD:

1. Start by par-boiling the Albert Bartlett Apache Potatoes in boiling water for 6 mins.
2. Meanwhile, in a bowl, mix together all the marinade ingredients.
3. Now add the salmon fillets to the marinade and set aside.
4. Pre-heat the oven to 200°C.
5. Cut/crush the pineapple and place in the middle of a medium sized roasting tray and pop the salmon fillets on top, then add all of the remaining marinade on top of the salmon.
6. Place the French beans beside the salmon on the tray along with the par-boiled Albert Bartlett Apache Potatoes. Drizzle the potatoes with olive oil, black pepper and a pinch of **LoSalt**.
7. Oven bake for 30-35 mins until the salmon is cooked through and the potatoes are soft.