

Paul's Salmon Tin Foil Dinner

 2 servings

572 Kcal / serving

36g Protein 33g Fat 36g Carbs

Ingredients

- 250g - Potatoes (preferably Roosters)
- 400g - Asparagus (bunch)
- 30g - Rapeseed or olive oil
- 1 teaspoon - Garlic powder
- 2 x 130g - Salmon fillets (boneless and skinless)
- 250g - Cherry tomatoes (on the vine)
- Black Pepper (freshly ground)



The Method

Preheat the oven to 180°C (350°F), gas mark 4. Cut the potatoes into slices, then place in a colander and rinse off any excess starch. Place in a tea towel and dry well. Trim the asparagus spears.

Line a baking tin with tin foil. Scatter over the potato slices and drizzle with the half the oil. Season with pepper, then sprinkle the garlic granules on top. Mix until evenly combined and bake for 9 minutes.

Remove the tin from the oven and turn the potatoes over. Make space for the salmon fillets, then season with pepper and nestle in the cherry tomatoes on the vines. Drizzle with a little more of the oil and roast for another 5 minutes.

Remove the salmon from the oven and scatter over the asparagus and drizzle with the rest of the oil. Roast for 6-7 minutes until the salmon is tender and the potatoes and asparagus are cooked through. Check that the salmon is cooked with a sharp knife. Arrange the salmon on plates with the potatoes, asparagus and cherry tomatoes to serve.

 Suitable for vegetarians if plant-based alternative is used instead of salmon