

Fish

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Oven-Baked Salmon



Ingredients

- 12 ounce salmon fillet, cut into 4 pieces
- Coarse-grained salt
- Freshly ground black pepper

Toasted Almond Parsley Salad

- 1 shallot
- 1 tablespoons red wine vinegar
- Coarse grain salt
- 2 tablespoons capers, rinsed
- 1 cup fresh flat-leaf parsley
- 1/2 cup / 75gr toasted almonds
- Extra-virgin olive oil

Method

1. Preheat the oven to 230 C / 450 degrees F.
2. Season salmon with salt and pepper.

3. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes.
4. Serve with the Toasted Almond Parsley Salad and [squash](#), if desired.

Toasted Almond Parsley Salad:

1. Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes.
2. Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings.

Sticky soy & honey roasted salmon with asparagus & sugar snap peas

<IMAGE>

Ingredients

- 200g tenderstem broccoli
- 125g asparagus spears
- 200g sugar snap peas
- 200g frozen peas
- 1 teaspoon sea salt flakes
- 1 tablespoon sesame oil
- 4 salmon fillets
- for the salmon: 1/2 tablespoon good soy sauce, 1/2 tablespoon sesame oil, 1/2 teaspoon honey
- for the dressing:
 - 6cm fresh ginger - grated
 - 1 lime - juice only
 - 1 tablespoon sesame oil
 - 3 spring onions, finely chopped
 - a handful of peanuts, roughly chopped
 - 1 red chilli, finely sliced

Sub-recipe Ingredients

- quick cook noodles or rice, to serve (optional)

Method

1. Preheat the oven to 180°C fan/200°C
2. Put the broccoli into a large bowl, pour over a kettleful of boiling water, leave to stand for 1 minute, then drain well.
3. Mix the broccoli, asparagus, sugar snaps, frozen peas, sea salt and sesame oil in a roasting tin

4. Put the salmon fillets in around the veg, then mix the soy, sesame oil and honey and spread this over each fillet
5. Roast for 20-25 minutes until the salmon is cooked through
6. Whisk the ginger, lime juice, sesame oil and spring onions together.
7. Pour the dressing over the vegetables, once the salmon is cooked
8. Scatter over the chopped peanuts and chilli

Notes

- serves 4

Kerala prawn curry

<IMAGE>

Ingredients

- 220g cherry tomatoes on the vine, halved
- 1 green pepper, finely sliced
- 1 onion, roughly sliced
- 2cm fresh ginger, grated
- 2 teaspoons mustard seeds
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground coriander
- 1 heaped teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground chilli
- A few curry leaves (optional)
- 1 teaspoon sea salt
- 1 tablespoon oil
- 1 x 400g tin of coconut milk
- 300-350g raw king prawns
- 100g spinach, roughly chopped
- 1 lime, juice only

Sub-recipe Ingredients

- To serve: 1 finely chopped red chilli
- a handful of fresh coriander, roughly chopped

Method

1. Preheat the oven to 180°C fan/ 200°C.
2. Tip the tomatoes and their vines, the green pepper, onion, ginger, all the spices, salt and oil into a roasting tin and mix really well to coat everything evenly.
3. Transfer the tin to the oven and roast for 15- 20 minutes (if your oven runs hot and things start to char, rescue them after 15).
4. Fish out the vines, squash down the tomatoes, add the coconut milk, prawns and spinach and return to the oven for 9-10 minutes, or until the prawns are pink and just cooked through.
5. Taste and season with the lime juice and more salt as needed, scatter over the fresh coriander and chopped chilli to taste and serve with flatbreads or white basmati rice.

Notes

- Serves 2-3
- If you prefer a thicker curry, use half the amount of coconut milk, or a 200g can of coconut cream (not cardboard creamed coconut).

Tandoori-style Salmon With Spiced ' Roasted Sweet Potatoes, Tomatoes & Red Onion



Ingredients

- 3 cloves of garlic, grated
- 4cm fresh ginger, grated
- 75g natural yogurt
- 1 lemon, zest only

- 2 scant teaspoons ground cumin
- 1 scant teaspoon ground turmeric
- 1 teaspoon smoked paprika
- 1/2 teaspoon mild chili powder
- A large pinch of sea salt flakes
- 4 salmon fillets
- Natural yogurt, to serve

For the Sweet Potatoes

- 650g sweet potatoes, peeled and cut into 1cm cubes
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1 teaspoon sea salt flakes
- 400g cherry tomatoes on the vine
- 1 red onion, roughly sliced

Method

1. This is my all-in-one dinner version of my sister Padmini's tandoori salmon, one of our favourite weeknight dinners when we were flatmates. It works beautifully with the lightly spiced sweet potato and tomatoes, just make sure you use one or two tins big enough to get all the sweet potatoes in a single layer, and cut the sweet potatoes into very small pieces so they cook in 30 minutes.
2. Mix the garlic, ginger, yogurt, lemon zest, spices and salt together and gently turn the salmon fillets over in this mixture. (This can be marinated in the fridge if you are preparing this ahead.)
3. When ready to cook, preheat the oven to 210°C fan/230°C/gas 8. Tip the cubed sweet potatoes into a roasting tin large enough to hold everything in a single layer, mix them with the oil, cumin and salt, then transfer to the oven and roast for 10 minutes.
4. Once the sweet potatoes have had 10 minutes, tip the cherry tomatoes, their vines and the sliced onion into the tin, and mix well. Use a wooden spoon to make 4 spaces for the salmon fillets and gently pop them into the tin. Reduce the oven temperature to 180°C fan/200°C/gas 6, then return the tin to the oven for a final 20 minutes.
5. Serve the salmon and vegetables with the natural yogurt alongside.

Notes

- **MAKE IT VEGGIE:** Leave out the fish. Tear up large chunks of shop-bought paneer into roughly 5cm pieces, marinating them as above, and stir through some lime-dressed chopped spinach at the end.

Source

The Quick Roasting Tin - Rukmini Iyer

All-In-One Thai Fish Pie



Ingredients

- 300g fish pie mix (or a mix of salmon, smoked haddock and cod, cut into 4cm chunks)
- 1 small head of broccoli, cut into small florets
- 1 stick lemongrass
- 2 Kaffir lime leaves
- 1x 160g tin of coconut cream
- 1 lime, zest and juice
- 1/2 tablespoon fish sauce
- Pinch of sea salt flakes
- 3 sheets of filo pastry
- 1.5 tablespoons olive oil

Method

1. Preheat the oven to 180C0fan/200 0C/gas 6.
2. Tip the fish and broccoli into a small deep roasting tin with the lemongrass and lime leaves, then pour over the coconut cream, lime zest and juice and fish sauce.
3. Scatter over a pinch of salt, then scrumple the filo pastry sheets over the fish. Brush the pastry with olive oil (or spritz with olive oil spray), then transfer to the oven and bake for 25 minutes, until the pastry is golden brown and crisp. Serve hot.

Notes

- If your fish pie mix is frozen, you'll want to defrost it under plenty of cold running water, then pat the fish dry before putting it into the pie, otherwise too much liquid gets released.
- Smoked trout (forel), smoked salmon and regular haddock (schelvis).

Crispy Baked Cod With Herby Broccoli, Peas and Beans



Ingredients

- 300g Tenderstem or ordinary broccoli
- 300g frozen peas
- 2 courgettes, cut into 5mm half moons
- 2 tbsp olive oil
- 1 tsp sea salt (optional)
- freshly ground black pepper
- 4 cod fillets
- 4 tsp green pesto

- 4 heaped tbsp panko or white breadcrumbs
- 1 x 400g tin of butter beans, drained and rinsed
- 1/2 a lemon, zest and juice
- a large bunch of fresh basil leaves, finely chopped

Method

1. Preheat the oven to 200C/180C fan/gas 6.
2. Pop the broccoli into a bowl, tip a kettleful of boiling water over it and leave to sit for 2 minutes, then drain well. (If the stems are very thick, halve them lengthways.) If using ordinary broccoli, skip this step.
3. Mix the broccoli, frozen peas and courgettes in a large roasting tin along with 1 1/2 tablespoons of the olive oil, the sea salt (if using) and a good grind of black pepper. I like to add the butter beans at the end, to just warm through in the residual heat of the roasting tin, but if you'd prefer them piping hot, stick them in now.
4. Lay the cod fillets over the vegetables, spread each with 1 teaspoon of pesto, scatter over the breadcrumbs, then drizzle with the remaining 1/2 tablespoon of olive oil. Grind over some black pepper, then transfer to the oven and roast for 20-25 minutes (20 if your cod fillets are quite thin, 25 if they are a little thicker).
5. Once cooked, stir in the butter beans (if you haven't already), lemon zest, juice and fresh basil and serve the crispy baked cod hot.