



Baked Salmon with Kale & Mint Roast Potatoes

The key to flavour in this dish is baking the salmon and the baby potatoes together. This really fuses the tastes of the dish together. The kale is a unique side dish which makes use of our favourite Wicklow kale with the added bite of a mustard and lemon juice mix. Tangy and yummy!

Nutritional Info

Calories: 394 kcal
Carbohydrates: 23 g
Protein: 26 g
Fat: 11 g

Ingredients

- Salmon Fillet
- Wholegrain Mustard
- Baby Potatoes
- Lemon
- Kale
- Fresh Mint

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens


[Fish \(Salmon\)](#)
[Mustard \(Wholegrain Mustard\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven to 180c**

2) **Roast the potatoes**

Slice the baby potatoes in half. Mix them with a little olive oil, season with salt and pepper, and place on a roasting tray and cook in the oven for 15 minutes.

3) **Put the salmon on**

After 15 minutes place the salmon on top of the potatoes and bake for a further 10 minutes. While the salmon is cooking move on to the next step.

4) **Chop the mint**

Chop some mint and set it aside.

5) **Cook the kale**

Pull the kale leaves away from the hard stalk. Put some oil in a pan on a medium heat. Add the kale and some lemon juice to the pan. Allow the kale to wilt down. Stir in the mustard. Season with some salt & pepper.

6) **Plate the dish**

Once the fish is cooked, place the kale mixture on the plate with the salmon on top. Toss the potatoes in the chopped mint and serve alongside the fish.



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