



Salmon & Sundried Tomato Pesto Vegetables

Sun-Dried Tomato Pesto (known as “Pesto Rosso”) is a vibrantly-colored, deeply-flavored Sicilian condiment with almonds, garlic, herbs, and olive oil. It is paired here with fresh baked salmon and Irish tenderstem broccoli. **Chefs tip:** Add a drizzle of olive oil to the pesto once you have mixed it with the vegetables so it doesn't dry out while baking in the oven.

Ingredients

- Salmon Fillet
 - Asparagus
 - Baby Potatoes
 - Tenderstem Broccoli
 - Sugarsnap Peas
 - Sun-dried Tomato Pesto
- Your Pantry**
- Olive Oil
 - Salt & Pepper

Nutritional Info

Calories: 416 kcal
Carbohydrates: 25 g
Protein: 29 g
Fat: 23 g

Allergens


Fish (Salmon)
Nuts (Cashews in Pesto)
Sulphur Dioxide (Balsamic Vinegar in Pesto)

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) **Preheat the oven to 180°C**

2) **Boil the potatoes**

Slice the potatoes in half. Bring a pot of salted water to the boil. Reduce the heat to a simmer and cook for about 20 minutes. While the potatoes are cooking move on to the next step.

3) **Prepare the vegetables**

Cut 1cm from the bottom end of the asparagus and broccoli stems and discard. Discard any broccoli leaves if present.

Mix the pesto through the vegetables and place them on a baking tray.

4) **Add the salmon**

Place the salmon on top of the vegetables and season with salt & pepper. Bake at 180°C for about 15 minutes until the salmon is cooked.

5) **Finish the dish**

Strain the boiled potatoes and season with a little olive oil, salt and pepper. Serve with the salmon and vegetables. Enjoy!



Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | **#DropChef**