

Roasted Salmon



Ingredients

Baby potatoes

Button mushrooms

1 tsp coconut oil

Black pepper

Salmon fillets

1 tbsp red wine vinegar

1 tbsp wholegrain mustard

1 tsp honey

2 tbsp fresh flat leaf parsley finely chopped

1. Heat oven 180°C
2. Toss halved potatoes, mushrooms, 1 tsp coconut oil and black pepper into a roasting tray
3. Cook for 20 minutes
4. Push vegetables to the outer edge & place salmon fillets into the centre of the roasting tray
5. Roast for a further 15/20 minutes until potatoes are golden brown
6. Meanwhile, in a bowl whisk together the vinegar, mustard, honey, parsley, 2 tbsp oil & black pepper.
7. Drizzle the mixture over the salmon & vegetables
8. Serve with spinach leaves slightly wilted