



PESTO SALMON

WITH POTATO AND BROCCOLI MASH

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

There's definitely no shortage of greens in this pesto salmon! Creamy potato and broccoli mash is topped with crispy skin salmon and a zesty rocket and kale pesto. Add some green beans on the side.



PESTO

- 40g kale leaves (1.4oz)
- 40g Mediterranean or baby rocket (1.4oz)
- 1/3 cup grated parmesan (30g)
- 3 Tbsp olive oil
- 2 Tbsp pine nuts
- 1 clove garlic
- Zest of 1 lime
- 2-3 tsp honey
- 2-3 tsp lime juice

MASH

- 500g potatoes (i.e. Agria) (1lb 2oz)
- 1 small broccoli
- 2 cloves garlic
- 3 Tbsp milk
- 1 1/2 Tbsp butter

SALMON AND BEANS

- 250g green beans (8.8oz)
- 500g boneless skin-on salmon fillets (1lb 2oz)
- 3 tsp olive oil, divided

1. MAKE PESTO

Place kale, rocket, parmesan, oil, pine nuts, garlic, lime zest and 2 teaspoons each of honey and lime juice in a food processor. Process until well chopped but not completely smooth. Add more honey and/or lime juice to suit your tastes, and season with salt and pepper.

2. PREPARE MASH

Peel and roughly chop potatoes. Cut broccoli into florets. Place potatoes in a large saucepan, cover with water then drain and fill with water again. Bring to the boil and cook for 10 minutes. Add the broccoli and boil for a further 10 minutes.

3. COOK SALMON AND BEANS

Meanwhile, trim ends off beans. Rub salmon all over with 2 teaspoons of oil and season the skin with salt. Heat a large frying pan on medium-high. Cook salmon, skin-side down, for 4 minutes, then flip and cook for a further 2 minutes, or until cooked to your liking. Remove onto a board (skin-side up) and loosely cover with foil.

4. Add remaining teaspoon oil to pan with beans and stir fry until tender. Season with a little salt and pepper and reduce heat to low.

5. FINISH PREPARING MASH

Drain potatoes and broccoli well. Grate garlic into saucepan and add milk and butter. Mash until fairly smooth and season to taste with salt and pepper.

6. SERVE

Divide mash between individual serving plates. Top with salmon and pesto, and serve with green beans on the side.



WINE MATCH: A Sauvignon Blanc.

PESTO SALMON RECIPE NOTES

GLUTEN-FREE OPTION: This meal is naturally gluten-free.

INGREDIENT SWAPS / NOTES: You could swap the kale for baby kale, or use all rocket in the pesto instead. Lemon can be used instead of lime. Not a fan of salmon? Use any firm white fish fillets, or try chicken tenderloins for a non-seafood option.

STORING AND REHEATING: Salmon is best reheated in the frying pan to re-crisp the skin, Otherwise, remove the skin and reheat in the microwave. Mash and beans can be refrigerated together and reheated in the microwave. Add pesto just before serving.