

Salmon and Vegetable Traybake

With a Basil & Mustard Yogurt

Super simple to put together, packed full of flavour and of course, loads of yogurty goodness!



TIME TILL READY
45 MINUTES



SERVES
4

Energy: 2020kJ/483kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 400g baby new potatoes
- 200g green beans
- 1 bunch of fresh basil
- 200g cherry tomatoes
- 10 black olives (pitted)
- olive oil
- salt & pepper
- 4 salmon fillets (skin on)
- 1 1/2 lemons
- 1/2 tsp dijon mustard
- 4 tbsp Lancashire Farm Greek Style Yogurt

Contains



Method



Step 1

Preheat the oven to 200°C. Scrub potatoes clean and then cook in a pan of boiling water over a medium-high heat for 10-12 minutes, or until cooked through.



Step 2

Trim the green beans and add to the pan for final two minutes, then drain the potatoes and green beans.



Step 3

Halve and add the tomatoes, along with the olives, half of the basil and 1/2 a tablespoon of olive oil. Season with salt and pepper and toss together.



Step 4

Tip into a roasting tray, shake into an even layer and place the salmon fillets on top. Add 1/2 a teaspoon of olive oil and squeeze in half the juice of one lemon and season with salt and pepper.



Step 5

Cut four slices from the remaining lemon half and lay on top of each fillet. Roast for 10 minutes, or until cooked through.



Step 6

For the basil and mustard yogurt, bash the remaining basil leaves in a pestle and mortar with a pinch of salt. Peel and add the garlic and bash again.



Step 7

Scrape the mixture into a bowl and add the Dijon mustard, 4 tablespoons of Lancashire Farm Greek Style Yogurt and the juice from half of the remaining lemon.



Step 8

Add 1 tablespoon of olive oil and mix well.



Step 9

Spoon the yogurt on top of the salmon tray bake and serve.

