



Roast salmon with peas, potatoes & bacon

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g baby potatoes halved
- ☐ 2 tsp olive oil
- ☐ 150 g bacon smoked
- ☐ 9 oz salmon fillet whole skinless
- ☐ 200 g pea-mond dressing frozen
- ☐ 4 spring onion sliced
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 small handful mint leaves chopped

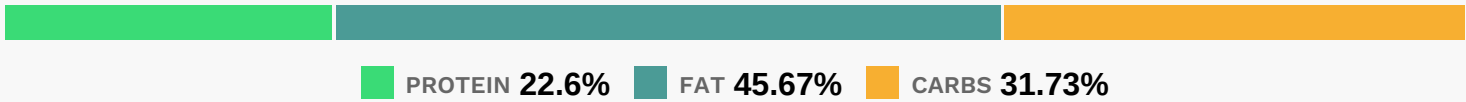
Equipment

☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tip the potatoes into a large shallow roasting tin and toss with 1 tsp olive oil and some seasoning. Roast for 20 mins until just starting to colour, then scatter over the lardons and return to the oven for 10 mins to crisp up.
- ☐ Remove the tin from the oven, push the potatoes and bacon to the sides and lay the salmon in the middle.
- ☐ Brush with remaining oil, season, then return to the oven and cook for 20 mins more until the salmon is just cooked through. Meanwhile, cook the peas in boiling water for 2 mins and drain.
- ☐ When the fish is cooked, lift it to a serving dish. Stir the peas and spring onions through the potatoes, drizzle with a splash of vinegar, stir through the mint and season to taste. Spoon around the salmon and serve.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:19.09, Inflammation Score:-7, Nutrition Score:23.795217368914%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 426.34kcal (21.32%), Fat: 21.59g (33.21%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 27.35g (9.94%), Sugar: 2.9g (3.23%), Cholesterol: 59.83mg (19.94%), Sodium: 288.39mg (12.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Vitamin B6: 1.05mg (52.44%), Selenium: 32.52µg (46.45%), Vitamin B3: 8.17mg (40.83%), Folate: 148.77µg (37.19%), Vitamin B12: 2.22µg (36.93%),

Phosphorus: 336.29mg (33.63%), Vitamin C: 27.42mg (33.23%), Potassium: 1092.35mg (31.21%), Vitamin B1: 0.46mg (30.41%), Vitamin K: 29.42µg (28.02%), Fiber: 6.39g (25.57%), Manganese: 0.48mg (23.79%), Copper: 0.46mg (22.89%), Vitamin B2: 0.35mg (20.74%), Magnesium: 81.6mg (20.4%), Vitamin B5: 1.86mg (18.57%), Iron: 3.15mg (17.51%), Zinc: 1.92mg (12.78%), Calcium: 47.85mg (4.78%), Vitamin E: 0.7mg (4.69%), Vitamin A: 211.51IU (4.23%)