

MARLEY SPOON



Red Pesto Salmon

with Baked Chips and Crushed Peas



30-40min



2 Portions

Fish and chips get a modern makeover with this delicious salmon dish. Forget heavy crumbed fish, instead give salmon fillets a crunchy topping of red pesto, nuts and pepitas. Serve with sweet oven-baked carrot 'chips', and turn mushy peas on their head with zesty lemon.

What we send

- Tasmanian salmon fillets ⁴
- carrot
- slivered almonds ¹⁵
- potato
- lemon
- red pesto ^{7,15}
- pepitas
- peas

What you'll require

- olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 830kcal, Fat 51.7g, Carbs 37.4g, Proteins 45.3g



1. Prepare vegetables

Preheat the oven to 220C. Line 2 oven trays with baking paper. Peel the **carrots** and cut into 1cm-thick chips. Peel the **potato** and cut into similar sized chips. Put on one and a half of the prepared trays, leaving sufficient space for the salmon fillets to be added later.



2. Roast vegetables

Drizzle the vegetables with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 20-25 mins, turning halfway through, until cooked and slightly golden.



3. Prepare fish

Meanwhile, spread **1 tbs pesto** on each piece of **salmon** and season with **pepper**. Scatter over **half the almonds** and **half the pepitas** (the remaining nuts and seeds won't be used in this dish).



4. Cook fish

After the vegetables have been cooking for 15 mins, carefully add the **salmon** to the empty side of the oven tray. Cook on the top shelf for 5 mins or until the fish is just cooked through. Remove the fish and vegetables from oven.



5. Cook peas

Meanwhile, bring a small saucepan of **salted water** to the boil. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish). Add the **peas** to the pan of boiling water, return to the boil and cook for 2-3 mins until tender. Drain and return to the pan.



6. Get ready to serve

Add **2 tsp olive oil**, **1 tsp lemon zest**, **salt and pepper** and **lemon juice to taste**, to the cooked peas. Stir to combine and crush lightly with a fork. Divide the **salmon** and **vegetable chips** among plates, and serve with the **crushed peas**.