

## SALMON AND VEGETABLES



### Food Fact:-

Salmon is an excellent source of omega 3 oil, essential for healthy cell formation and also vitamin D.

Preparation time      4 MINS

Serves 4

Cooking time          9 MINS



## SALMON AND VEGETABLES

1. Put the leeks in a dish with oil, cover and cook for 3 minutes.
2. Whisk together oil, mustard, honey and lemon juice and season with pepper.
3. Scatter the tomatoes over the leeks and spoon over half the sauce.
4. Lay the salmon fillets on top of vegetables and spoon over remaining sauce. Cover and cook on FULL power for about 6 minutes, leave to stand 2-3 mins.
5. Serve with green vegetables or a crunchy salad.

- 700gm leeks, finely sliced
- 3 tbsp oil
- 2 tbsp wholegrain mustard
- 2 tbsp clear honey
- Juice of half a lemon
- 250gms cherry tomatoes, halved
- 4 skinless salmon fillets (each approx. 175gm)

