

Salmon with creamy chive mash

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Packed full of omega-3 fatty acids, salmon is a great mid-week meal.

Ingredients (serves 2)

Mash

- 4 potatoes, peeled and diced
- 125ml skim milk
- 6 peppercorns
- 1 clove garlic
- 1 bay leaf
- 2 tbs chives, finely chopped

Salmon and salsa

- 2 salmon fillets (100g each)
- 1 tsp lemon pepper seasoning
- 1 tomato, finely diced
- ½ red onion, finely diced
- Juice of 1 lemon
- 2 tbs coriander, finely chopped

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- 1 red chilli, deseeded and finely diced
- tsp olive oil

Method

Place the potatoes in a saucepan of boiling water on medium heat for 10 minutes or until cooked. In a separate saucepan, warm the milk, peppercorns, garlic and bay leaf over a low heat and simmer for five minutes.

Drain the potatoes and mash with a masher or ricer. Strain the milk mixture into a cup. Pour half the milk mixture over the mash and slowly add the remainder as required for a smooth and creamy mash. Add the chives and stir through the mash. Place a small portion of mash on a plate.

Sprinkle the lemon pepper seasoning over each side of the salmon fillet. Heat a non-stick frypan to a medium heat. Spray the pan lightly with oil. Place the salmon skin-side down and cook for one minute. Turn over and cook for an additional 3-4 minutes.

Place the salmon on top of the mash. Place the tomato, red onion, lemon juice, coriander and chilli into a bowl and mix thoroughly. Place a small amount of salsa on top of the fish.

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