Dinner

Baked Lemon Salmon with Garlic Green Beans

Salmon fillets bake under lemon slices with fragrant basil, then get served with green beans tossed in garlicky olive oil and finished with toasted flaked almonds.



Gluten free | Dairy free

45 min	483	7 g	6.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 4 x 120g salmon fillets
- [ ] 2 teaspoons olive oil
- [ ] 1 tablespoon grated lemon zest
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon pepper
- [ ] 2 tablespoons thinly sliced basil leaves
- [ ] 2 medium lemons, thinly sliced
- [ ] Green beans
- [ ] 600 g green beans, trimmed
- [ ] 1 tablespoon olive oil
- [ ] 1 small garlic clove, thinly sliced
- [ ] ½ cup flaked almonds, toasted

Method

- [ ] **1** Heat the oven to 180C and lay the salmon fillets in a baking dish lined with baking paper.
- [ ] **2** Drizzle the fillets with olive oil, scatter over the lemon zest, salt, pepper and basil leaves, then arrange the thinly sliced lemons on top.
- [ ] **3** Bake for about 20 minutes, until the salmon is cooked to your liking.
- [ ] **4** While the salmon bakes, steam the green beans for about 7 minutes until just tender, then drain well and set aside.
- [ ] **5** Warm 1 tablespoon of olive oil in a pan, add the sliced garlic clove and cook until fragrant, then add the green beans and toss for 1 minute until well coated.
- [ ] **6** Tip the beans onto a platter, scatter the toasted flaked almonds over the top and serve with the salmon fillets.

Nutrition Facts

Per serving

Calories	**483**
Total fat	34 g
Saturated fat	6.6 g
Sodium	90.4 mg
Total carbs	7 g
Fiber	7.1 g
Total sugars	6.8 g
Protein	33.3 g

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