Dinner

Baked Lemon Salmon with Minty Smashed Peas

Oven-baked salmon brushed with a lemony garlic mixture, spooned over crushed peas stirred through with Parmesan and fresh mint.



Gluten free | Nut free

30 min	462	9.5 g	6.1 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 × 115 g salmon fillets
- [ ] 1 teaspoon extra-virgin olive oil
- [ ] 1 teaspoon finely grated lemon zest
- [ ] 1 tablespoon lemon juice
- [ ] 1 garlic clove, crushed
- [ ] Freshly ground black pepper
- [ ] Lemon wedges, to serve

- [ ] Smashed peas
- [ ] 1½ cups frozen peas, thawed
- [ ] 1 tablespoon extra-virgin olive oil
- [ ] 1 tablespoon lemon juice
- [ ] 15 g finely grated Parmesan
- [ ] 1 tablespoon fresh mint, chopped
- [ ] Freshly ground black pepper

Method

- [ ] **1** Preheat the oven to 200°C and place the salmon fillets on a lined baking tray.
- [ ] **2** Whisk together 1 teaspoon extra-virgin olive oil, 1 teaspoon finely grated lemon zest, 1 tablespoon lemon juice and the crushed garlic clove.
- [ ] **3** Brush the lemon mixture over the salmon fillets and season with freshly ground black pepper.
- [ ] **4** Bake for 10-12 minutes, until the salmon flakes easily.
- [ ] **5** Meanwhile, put the thawed frozen peas in a bowl and roughly mash them with a fork.
- [ ] **6** Stir 1 tablespoon extra-virgin olive oil, 1 tablespoon lemon juice, 15 g finely grated Parmesan and the chopped fresh mint through the peas, then season with freshly ground black pepper.
- [ ] **7** Divide the smashed peas between two plates, top with the salmon fillets and serve with lemon wedges.

Nutrition Facts

Per serving

Calories	462
Total fat	31 g
Saturated fat	7 g
Sodium	137 mg
Total carbs	9.5 g
Fiber	7 g
Total sugars	6.1 g
Protein	33 g

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