



## GENERAL MENU SET RECIPE OPTION

# Roasted veg with balsamic glaze and salmon

## INGREDIENTS (1 serving)

### FREEZABLE

- 130g (4.6oz) red bell pepper, roughly chopped
- 100g (3.5oz) red onion, roughly chopped
- 165g (5.8oz) zucchini, roughly chopped
- 100g (3.5oz) cherry tomatoes
- 20ml (0.6 fl. oz) olive oil
- 265g (9.4oz) salmon fillet
- 15ml (0.5 fl. oz) balsamic vinegar
- small handful of fresh parsley, chopped
- 25g (0.8oz) goats cheese
- 20g (0.6oz) pine nuts

Sticky roasted vegetables have such a great flavor, used here with creamy cheese is a winning combo. Takes a little longer, but tastes great hot or cold.

## METHOD

Preheat your oven to 200°C (fan 180°C, gas mark 6).

Put the red bell pepper, onion, zucchini and cherry tomatoes onto a baking tray lined with tin foil, drizzle them with half the olive oil and roast for 15-20 minutes, stirring occasionally.

While the vegetables are cooking, heat the remaining olive oil in a non-stick frying pan over a medium-high heat. Fry the salmon for 3-4 minutes on each side, by which time the fish should be lightly colored and cooked through. Turn off the heat and leave the salmon to rest in the pan.

Stir the balsamic vinegar and parsley through the vegetables and put them on the plate. Crumble the cheese and pine nuts on top and serve the salmon on the side.