

## ONE-PAN LEMON SALMON WITH COURGETTE AND POTATO WEDGES

So easy to whip together, this one-pan meal has dinner on the table in 30 minutes!

👤 2 adults and 2 littles  
🕒 30 minutes

3 salmon fillets, about 120g (4oz) each  
450g (1lb) Maris Piper potatoes  
1 tbsp garlic-infused olive oil  
2 small courgettes (zucchini)  
4 large garlic cloves  
1 lemon  
30g (1oz) unsalted butter or dairy free spread\*  
freshly ground black pepper  
large baking tray, lined with non-stick baking paper

Preheat the oven to 200°C fan (220°C/425°F/Gas 7) and take the fish out of the fridge to come up to room temperature.

Peel the potatoes, cut in half lengthways, then cut into 1.5cm (½in) wide wedges. Place onto the lined baking tray, ensuring they are evenly spaced, drizzle the oil over the wedges and place in the top of the oven.

While the potatoes cook, cut the courgettes in half, then each half into quarters lengthways. After 5 minutes of the potatoes cooking, remove the tray and use a spatula to flip the spuds. Add the courgette slices and the garlic cloves (still with their skin on) and return to the oven for another 5 minutes.

Meanwhile, cut the lemon in half, then cut three nice thin slices from the edge of each half. Squeeze the juice of the remaining lemon into a microwavable bowl, then add the butter and a good grinding of black pepper, and microwave on high for 40 seconds to melt the butter.

Once the courgettes have had 5 minutes and the potatoes 10 minutes, take the tray out of the oven, flip everything and evenly spread out again. Allow a space in the centre of the tray for the salmon, and place the fillets skin-side down onto the tray. Pour the lemon butter over the fish, and place the lemon slices over the salmon.

Put the tray back in the oven for 15 minutes until the fish has cooked fully all the way through. To check this, the salmon should have turned a light pink, easily separate with gentle pressure and when you flake the largest section it should be the same light pink all the way through.

### NUTRITION NOTE

Salmon is packed full of essential omega-3 fatty acids and is a fantastic source of protein. A great fish to serve to baby as it flakes away really easily and is super soft, making it much easy for baby to give it a go.

GF

EF

DF\*

