**Seared Salmon**

**Salmon**

* 1 tsp of Olive Oil
* 1 tsp of Butter
* 1 Salmon Fillet
* Fresh Dill

**Potatoes**

* 200g of Waxy Baby Potatoes
* 2 tsp of Olive Oil
* 1 Shallot
* Fresh Watercress

**Green Beans**

* 1 tsp of Olive Oil
* ½ a Pack of Green Beans
* Multi-Coloured Plum Tomatoes
* 1 Clove of Garlic
* 1 Red Chilli
* 1 Shallot
* Lemon Zest
* Lemon Juice