

SALMON AND POTATOES



Ingredients:

1	Salmon
5	Baby potatoes
5	Cherry tomatoes
10	Green beans
1/2	Lime

Instructions:

- Put water and salt into a pot and bring it to the boil, then add the potatoes and cook them for 10 to 15 minutes. Once they are cooked, put them under the cold water to stop the cooking process and cut them in half. Heat up a pan and place the potatoes facedown and cook them until crunchy and brown colour.
- Cut the ends of the green beans and then cut them in three parts, add them to the boiling water where you cooked the potatoes previously, cook it for two minutes, then add to the pan with the potatoes.
- Cut the cherry tomatoes in halves and add to the pan with the potatoes.
- Place a pan on the stove on high heat and place the salmon skin down, press the top of the salmon so the skin does not contract. Then sear and give colour to every side of the salmon before to place it for 5 minutes at 180 degrees in the pre-heated oven.