

## 9. Salmon in the oven

### Ingredients

1 fillet of salmon, skinned (tails are cheapest)  
Any veggies you like: tomatoe, peppers, zucchinis, etc  
Liquid cream  
Black pepper  
Salt

### Method

1. Put the salmon in an oven dish - add chopped veggies and cream on top- with salt and pepper
2. Grill on a high heat for about 25 min. If it is a thick fillet, it will take longer to cook through, always check if the middle if cooked.
3. You can serve it with rice or pasta