



Creamy Lemon Mustard Salmon

This elegant dinner is an impressive and delicious dish to make for a romantic meal or for a supper with friends.

INGREDIENTS

Ingredients

For the potatoes:

600g Charlotte potatoes, halved if large
1 tbsp low-fat margarine spread
½ litre hot vegetable stock

For the salmon:

4 x 100g salmon fillets
Olive oil spray
1 shallot, finely chopped
1 tsp wholegrain mustard
2 tsp Canderel granules
1 tsp lemon zest, plus a squeeze of juice
1 tbsp half-fat crème fraîche

For the courgettes:

Olive oil spray
4 medium courgettes
Juice ½ a lemon
Dill leaves, to serve (optional)

BEFORE YOU BEGIN

Serves

4

Time

preparation: 15 minutes
cooking: 45 minutes

Per serving
400kcal

Difficulty level



STEP BY STEP

1

Heat the oven to 200C/gas 6. To prepare the potatoes, melt the margarine in a non-stick roasting tin set over the hob. Add the potatoes and cook for 5 minutes until lightly browned.

2

Then pour over the stock and cook in the oven for 30 minutes or until the potatoes are tender and the liquid has evaporated. If there is liquid leftover, place on the stovetop and gently bubble until it evaporates.

3

For the salmon, pat dry with kitchen paper and then spray with a little olive oil spray, season and place on a baking sheet. Cook in the oven alongside the potatoes for 15 minutes until the fish flakes easily.

4

To make the sauce, heat a small non-stick pan over medium heat. Spray with a little olive oil spray, then cook the shallot for 3 - 5 minutes until softened.

5

Stir in the mustard, Canderel, lemon zest and juice and 5 tbsp of water. Bring up to the boil, and simmer until of a sauce consistency. Stir in the crème fraîche and keep warm.

6

For the courgettes, cut into long thin strips with a sharp knife or vegetable peeler. Spray with a little olive oil spray and then sprinkle with some salt. Heat a griddle pan until smoking hot. Then cook the courgette strips for about 1-2 minutes on each side until soft and lightly charred.

7

Squeeze over the lemon zest and sprinkle with the dill. Arrange on a plate with the salmon, sauce and potatoes. Enjoy!