



Oven Baked Salmon with Potatoes and Tomatoes

Overview

Difficulty: Easy

Servings: 4 - 6

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Ingredients

1.2kg Whole Salmon Fillet

150g Japanese Bread Crumbs

20g Garlic - Chopped

10g Parsley - Chopped

15 Vine Ripened Cherry Tomatoes

300g Baby Potatoes - Boiled and Halved

50g Butter - Melted

A Pinch Rock Salt

A Pinch Freshly Cracked Black Pepper

Baking Paper for Lining the Tray

To Garnish Micro Coriander (Optional)

To Garnish Micro Shiso (Optional)

To Garnish Yellow Frisee (Optional)

Methods

Step 1

Preheat your oven to 200°C with the 'Bottom Heating' mode.



Step 2

Mix the Japanese breadcrumbs, 10g of the chopped garlic and chopped parsley in a large mixing bowl, and set aside



Step 3

Boil the baby potatoes and cut them into halves.



Step 4

Place the boiled baby potato halves, cherry tomatoes, remaining chopped garlic, the freshly cracked black pepper, the rock salt and 15g of the melted butter in a separate mixing bowl, and toss well.



Step 5

Line a baking tray with baking paper, and place the salmon fillet.



Step 6

Brush the salmon fillet with the remaining melted butter, and crust fillet evenly with the breadcrumb mixture



Step 7

Place the seasoned potatoes and tomatoes on the sides of the fillet and bake for about 10 minutes.



Step 8

Then, change to 'Top and Bottom Heating' mode and bake for another 10 minutes.



Step 9

Remove and serve whole to enjoy!

