

Roasted Salmon w. Lemon & Herbs

A Jamie Oliver recipe



Ingredients:

- 1 (4 lb) side of Salmon
- 2 lbs small red Potatoes
- 1 Fennel bulb
- EVO oil
- ½ a bunch of fresh Dill
- ½ a bunch of fresh Italian Parsley
- ½ a bunch of fresh Tarragon
- Fennel fronds
- 2 Lemons

Directions:

Preheat the oven to 450°.

Scrub the potatoes clean, then slice into ¼" rounds.

Lay them over the base of a baking sheet and season well with sea salt and black pepper. Cut the fennel into small wedges, scatter over the potatoes and give it all a generous drizzle of olive oil.

Pick half the herb leaves onto a chopping board, finely grate over the lemon zest, then roughly chop everything together.

Sprinkle salt, pepper and the herb mix onto the fish and drizzle lightly with olive oil, then lay on top of the potatoes and fennel.

Slice up one of the lemons and drape over the fish.

Bake the fish in the hot oven for 15 minutes, then turn the temperature down to 350°F and cook for a further 30 minutes.

To check if the fish is cooked, take a clean skewer and push it into the deepest part of the fish.

Count to 10, then carefully take the skewer out and hold it against your top lip – if it's nice and warm, the fish is cooked.

Squeeze the juice from the remaining lemon over the top, sprinkle the remaining herbs and drizzle with a little extra virgin olive oil.

Serve with the sautéed mushrooms.