

SPRING SALAD OF ROASTED SALMON, POTATOES AND BEANS WITH A YOGHURT DRESSING

Ingredients

Serves 4

- 600g medium dutch cream potatoes (approximately 5)
- 4 salmon fillets (approximately 800g)
- 2 tbsp extra virgin olive oil
- 1 blood orange
- 250g green beans, trimmed
- Large handful of watercress or rocket
- Large handful of soft herbs, leaves picked.
I used dill, basil and parsley
- 1/2 lemon, very thinly sliced
- sea salt

Yoghurt dressing

- 150g natural yoghurt
- 2tbsp extra virgin olive oil
- 1tsp dijon mustard
- Juice of half a lemon
- sea salt and pepper

Method

Preheat the oven to 180C.

Place the potatoes in a medium pot and cover with cold water. Season the cooking water and bring up to the boil over a high heat. Reduce to a simmer and cook the potatoes until tender when poked with a knife (approximately 25 minutes). Set aside to cool briefly then slice into 2cm thick rounds.

Meanwhile, place the salmon fillets, skin side down, in a small roasting pan. Slice half of the blood orange into thin rounds and place in and around the salmon. Squeeze the other half of the blood orange over the salmon along with the olive oil. Season with sea salt and roast in the preheated oven for 15-20 minutes or until the salmon is just cooked through and flakes easily. Flake the salmon into large pieces, discarding the skin and orange slices.

Blanch the beans in a small pot for 2-3 minutes and then transfer to an iced water bath to cool. They should be bright and still-crisp. Cut the beans in half on an angle.

Prepare the yoghurt dressing by whisking all of the ingredients in a small bowl until combined. Season to taste.

On a large serving plate, arrange the potatoes, followed by the beans and then the salmon. Then scatter the watercress, herbs and lemon slices amongst it all. Spoon over the dressing and season with a little more salt and pepper and serve.

