



ONE-PAN TUSCAN SALMON



2 servings



25 minutes

INGREDIENTS

2 skinless salmon fillets
1 teaspoon olive oil
1 shallot, diced
2 garlic cloves, minced
200g (7oz) cherry tomatoes
8 sun-dried tomatoes in oil, drained and chopped
½ teaspoon smoked paprika
Small handful of basil, stems and leaves separated and chopped, plus extra leaves to serve
1 chicken stock cube, crumbled
200ml (scant 1 cup) water
400g (14oz) can of butter beans (lima beans), drained and rinsed
2 tablespoons half-fat crème fraîche
Zest of ½ unwaxed lemon
15g (½/oz) Parmesan cheese, grated, plus extra for serving
Few handfuls of baby spinach leaves
Salt and pepper

DIRECTIONS

1. Season the salmon fillets with salt and pepper. Heat a frying pan until hot, then add the salmon and sear on all sides until coloured. Remove and set to one side.
2. In the same pan, reduce the heat a little, add the olive oil, then sweat the shallot and garlic with a pinch of salt for 5 minutes. Add the whole cherry tomatoes, sun-dried tomatoes, smoked paprika and chopped basil stems.
3. Sauté for a few minutes, then add the stock cube and the water. Bring to a simmer, then add the butter beans and let it simmer for another 5 minutes.
4. Reduce the heat to low, then mix in the crème fraîche, lemon zest, Parmesan and a crack of black pepper. Stir in the spinach and chopped basil leaves.
5. Position the salmon fillets in the pan and allow them to warm and cook through.
6. Serve sprinkled with extra basil leaves and a grating of Parmesan.

Under 500kcal, 38g protein per serving