



Salmon and Broccoli Bake



Salmon and Broccoli Bake – 4 Portions

20 minutes prep time

10 minutes cooking time

Ingredients 6232 – Salmon Fillets – 600g
 4617 – Broccoli Florets – 300g
 5501 – Onion Cubes – 75g
 5485 – Baby Carrots – 200g
 18053 – Olive Oil – 1 Tablespoon
 Butter – 80g
 Plain Flour – 80g
 Milk – 600ml / 20fl oz
 Grated Parmesan – 200g

Preparation

Pre-heat the oven to 220 C / 425F / Gas Mark 7.

Steam the Carrots and Broccoli.

Fry the onions in a saucepan until soft.

Stir in the butter and flour, mix thoroughly, cooking on a low heat for 1 minute.

Pour in the milk gradually and cook for two minutes.

Add half the Parmesan cheese to the sauce.

Pan-fry the Salmon steaks for 1 minute on each side then place in an oven proof dish.

Add the broccoli and carrots to the dish.

Pour over the sauce and top with the rest of the cheese.

Bake in the oven for 10 minutes until the cheese is golden and bubbling.

Serve and enjoy.

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