

Oven- Baked Salmon with Julienne Vegetables

2 carrots
1 yellow courgette
1 green courgette
40g butter
2 tablespoons of snipped parsley
2 cloves garlic pressed
½ teaspoon salt to taste
Black pepper to taste
4 salmon fillets (115-175g approx each)

- 1 Preheat oven hot 230 degrees.
- 2 Peel carrots and cut carrots and courgette into long thin spaghetti-style julienne strips with julienne peeler, set vegetables aside. Heat skillet over medium heat, add butter, garlic, parsley, salt and pepper for approx 1 minute until melted.
- 3 Place salmon fillets skin side down in stoneware bar pan. Using pastry brush then liberally brush salmon with butter. Leave remaining butter in skillet pan.
- 4 Bake salmon 15-20 mins or until salmon flakes easily with a fork. Remove to cooling rack. Return skillet to heat and add vegetables and stir fry for approx 2 mins.