



Rutland, Steady, Cook!

Orbis' Teriyaki Salmon with Tuscany Potatoes

Ingredients

200g Salmon Fillets (1 per person)
New Potatoes (4-6 per person)
Asparagus Spears (4-6 per person)
Oregano, dried or fresh
Rosemary, dried or fresh
Olive Oil
Butter

Chilli Flakes
Spring Onion (2 per person)
Sesame Seeds
Teriyaki Sauce
(if you want to be really adventurous
you can make this yourself)

Method

1. In the morning, take your salmon fillets and cover them in teriyaki sauce before tightly wrapping in tinfoil in the fridge.
2. Preheat your oven to 180° C/Gas Mark 4.
3. Start off by halving and then boiling your new potatoes until soft. Once cooked, they should slide off a fork.
4. Towards the last five minutes, place the asparagus into the pot to soften.
5. Drain and place the potatoes into an oven tray. Drizzle over olive oil and add the rosemary, oregano and season with salt and cracked black pepper.
6. Place the potatoes in the preheated oven for 25 minutes until they turn golden brown.
7. Remove the salmon from the fridge and place on a baking tray and into the oven for 20 minutes (larger fillets may take longer).
8. Place the asparagus in a separate baking tray, add a large knob of butter and sprinkle the chilli flakes over the top. Cover with tinfoil before placing in the oven for roughly 10 minutes until the butter is bubbling.
9. Whilst all of this is in the oven, slice your spring onion.
10. Remove salmon, potatoes and asparagus from the oven and garnish with chopped spring onion and sesame seeds.

This can also be made with chicken breasts. You will need to adjust the cooking timings, as chicken breast takes slightly longer than salmon filets.

Don't forget to share your own **Orbis' Teriyaki Salmon with Tuscany Potatoes** image on Facebook using **#RutlandSteadyCook**

Thank you to: Orbis, Oakham