Creamy Salmon and Asparagus with Crispy Potatoes

MAKES 2

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GF
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This creamy salmon and crispy potato recipe is guaranteed to be on your weekly dinner rotation.

I've added seasonal asparagus for a rich source of antioxidants, as well as vitamin A, vitamin C, vitamin E and folate. It's packed with fibre and healthy fats, helping to improve digestion, lower cholesterol and fight inflammation. Enjoy this easy one pan recipe!

Ingredients:

300g kipler potatoes
2 bunches asparagus
2 salmon fillets
2 tablespoons extra virgin olive oil
1 teaspoon sea salt
1 teaspoon garlic powder
1 lemon, quartered
1 tablespoon baby capers
Fresh dill, to garnish

Creamy Dill Sauce

1/2 cup Greek coconut yogurt
1 tablespoon dijion mustard
2 teaspoons raw honey
1/2 lemon, juiced
1 garlic clove, minced
2 tablespoons dill, finely chopped

Method:

Preheat oven to 200°C. Drizzle olive oil in a large baking dish and place in the oven to warm up.

Bring a large pot of water to a boil over medium/high heat.
Add kipler potatoes and boil for 20 minutes half covered. In the final 5 minutes add asparagus. Drain water and set aside the asparagus.

Remove the baking dish from the oven and add in the boiled potatoes.
Using a fork, smash each potato and gently coat in the heated oil.
Add in the salmon fillets and season with salt and garlic. Squeeze lemon juice over and leave the two wedges in to bake. Bake for 15-20 minutes.

In a small pouring dish, add all sauce ingredients.
Stir well until you have a thick creamy consistency. Set aside.

Remove salmon and roast potatoes from the oven and allow to cool for 5 minutes. Spread the creamy dill sauce across two serving plates.
Layer with roast potatoes, asparagus and flaked salmon. Season with sea salt and pepper. Garnish with capers and fresh dill.

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