



# GRILLED LEMON SCENTED SALMON WITH CHICKPEA, TOMATO & SPINACH RAGOUT

Serves: 4 Prep time: 10 mins Cooking Time: 35 mins

## Ingredients:

- 1 tsp. vegetable oil
- 6 large plum tomatoes, roughly chopped
- 1 small onion, finely diced
- 2 cloves garlic, finely chopped/ crushed
- Fresh rosemary, parsley & thyme, chopped
- Zest & juice of one lemon
- 1 bag of baby spinach (80g)
- 2 x 400g tins chickpeas, drained
- 4 salmon fillets
- Serve with a portion champ mash (see page 105).

## Methods:

1. Fry the onion gently on a medium heat, without colouring, in 1 tsp. oil. Add garlic & chopped herbs & cook for 2-3 mins. Add chopped tomatoes & cook on a low heat for 30 minutes.
2. Add chickpeas, a pinch of lemon zest, a teaspoon of lemon juice, and spinach & cook for a further 2-3 minutes until spinach has wilted and is combined into ragout.
3. Place salmon fillet on parchment paper & sprinkle over some lemon zest & fresh chopped herbs & bake in a hot oven at 180C for 10-15 mins until cooked through.
4. To serve, spoon chickpea ragout into bowl, place salmon fillet on top. Serve with a wedge of lemon and a portion of champ mash.

## NUTRITION INFORMATION

Amount per serving

ENERGY (KCAL)	FAT	FAT (OF WHICH SATURATES)	CARBOHYDRATE	CARBOHYDRATE (OF WHICH SUGARS)	PROTEIN	FIBRE
490	18g	5g	48g	8g	32g	11g