

Q *Recipe card*

NAME OF DISH: ROASTED SALMON WITH ORANGES

SERVES: 8

PREP TIME: 15 MINS

COOK TIME: 25 MINS



INGREDIENTS

704012 Onions Sliced (3mm)

48 Oranges,

GARL Loose Garlic, crushed

411029 Extra Virgin Olive Oil

615019 Salmon Portions (170 - 200gm)

212037 Squeezy Honey

ZPARF Flat Leaf Parsley, to garnish

DIRECTIONS

Step 1. Preheat the oven to 200°C, gas mark 6. Put the onion in a low-sided roasting tin or baking tray (in which the salmon will fit snugly in a single layer). Finely grate some of the zest from the oranges into a small bowl, then set aside.

Step 2. If liked, slice the remaining skin and pith from the oranges, then cut the fruit into slices. Add them and any juice to the onion, along with the garlic, 1 tbsp olive oil and a generous amount of seasoning. Mix everything together, then place the salmon on top, skin-side down.

Step 3. Combine the remaining oil with the honey, then use a pastry brush to spread the mixture over the salmon. Roast for 25-30 minutes, basting the salmon with any juices after 15 minutes and again 5 minutes later, until the salmon is cooked through and opaque

Step 4. Lift the cooked salmon from the roasting tray and place skin-side up, then peel the skin away and discard. Arrange ½ the oranges and onions onto a platter and top with the salmon. Pour over any juices from the roasting tin, then top with the remaining oranges and onions and sprinkle with the parsley, reserved orange zest and some freshly ground black pepper. It can be served hot, warm or cold.