

**Roast SALMON w/ asparagus, leek & rosemary**

Yet another one pan wonder to impress the washing up staff.  
Created by my good friend Ben in London.

\*\* All ingredient numbers are per person\*\*

Piece of salmon per person OR whole fillet

4-5 chat potatoes

1/2 small leek

5 cherry tomatoes

4 asparagus spears

portion of fine beans

2 cloves garlic (leave in skin PIERCE SKIN W/ KNIFE POINT JUST ONCE)

large sprig rosemary

2 Tbl olive oil

Salt and pepper

Lemon to juice

Clean leeks and slice lengthways gives a more eye pleasing result.

Pre heat oven 200dgC

Gently bring potatoes to the boil.

While potatoes are coming to the boil, place in oven tray/ceramic dish w/ or w/ out lid: olive oil, S&P, garlic, rosemary and leeks. Mix leeks and oil well w/ hands.

Place lid on or seal well w/ foil. While preparing other vegetables and fish - leeks can be lightly cooked in the oven. When potatoes are cooked (try to keep them quiet hard and do not over cook as they will break up) add them to the leeks w/ whole tomatoes.

Cook for a further 15-20 minutes.

Trim base of asparagus and peel w/ vegetable peeler if required (peel off pale or white section of bottom as can be woody/tough).

Tail only beans, leave that lovely little top on for the end result.

Add fish and vegetables to oven tray. Place fish directly on base of tray. Keep asparagus and beans in little serving bundles.

To increase flavour distribution, drape some leeks and rosemary over vegetables and fish. Also place tomatoes on top to keep moist.

Cook for a further 15 minutes.

Serve on warm shallow dish or plate. Don't spread all over available area, build this one up for the presentation.

Place potatoes and leeks down first, asparagus roughly assembled across potatoes (let them fall try not to place) fish sprinkled w/ beans and tomatoes to break the colour up.

Use oil and tomato juice as sauce w/ addition of lemon juice. Serve w/ fork.....

\*\*\* Very good style of dish. As long as you keep an eye on length of time individual ingredients take to cook add what you please: vegetables, meats etc.