



# Paula Mee recipe

salmon with sweet potato mash & roasted vegetables

## INGREDIENTS

Makes 4 servings

4 salmon darnes  
2 sweet potatoes  
Natural yogurt  
Vegetables of your choice e.g. red, orange, and yellow peppers, red onions, courgettes, parsnips, carrots, celery, chopped olives or capers.  
Sprigs of rosemary  
Olive oil  
1 tbsp runny honey  
2 cloves of chopped garlic  
Lemon juice, pepper and flaked chilli



## DIRECTIONS

Choose your favourite seasonal winter vegetables, chop them up to a similar size and throw them in a single layer only onto a roasting tin.

Mix some olive oil with one tbsp of honey and drizzle over the vegetables. Add 2 chopped cloves of garlic and some sprigs of rosemary.

Roast them in the oven at 180°C for about half an hour. Give them a quick shuffle on the tray halfway through cooking time and add a little more olive oil if necessary.

Wrap 4 salmon darnes in individual foil parcels with a squeeze of lemon or lime juice, some flaked chilli and lots of pepper. Place in the oven 10 minutes after you have put your roasted vegetables in. Cooking time is approx 20 minutes.

While the vegetables are roasting, peel, steam and mash the sweet potato. Then add a little natural yogurt which will give it extra creaminess.

Serve the roasted vegetables with a dollop of the rich, creamy mash and a darne of salmon with chilli flakes. Enjoy.