

BASQUE-STYLE SALMON STEW



Serves 4

Nutrition per serving

kcal

414

fat

19g

saturates

4g

carbs

29g

sugars

11g

fibre

5g

protein

33g

salt

0.33g

Ingredients:

- 1 tbsp olive oil
- 3 mixed peppers, deseeded and sliced
- 1 large onion, thinly sliced
- 400g baby potatoes, unpeeled and halved
- 2 tsp smoked paprika
- 2 garlic cloves, sliced
- 2 tsp dried thyme
- 400g can chopped tomatoes
- 4 salmon fillets
- 1 tbsp chopped parsley, to serve (optional)

Method:

1. Heat the oil in a large pan and add the peppers, onion and potatoes. Cook, stirring regularly for 5-8 mins until golden. Then add the paprika, garlic, thyme and tomatoes. Bring to the boil, stir and cover, then turn down heat and simmer for 12 mins. Add a splash of water if the sauce becomes too thick.
2. Season the stew and lay the salmon on top, skin side down. Place the lid back on and simmer for another 8 mins until the salmon is cooked through. Scatter with parsley, if you like, and serve.