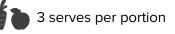
Salmon with Tomato for Two

Serves: 2 Prep time: 10 minutes Cook time: 40 minutes



Ingredients

2 teaspoons olive oil 1 onion, chopped 2 cloves garlic, crushed 20 cherry tomatoes, quartered 2 ½ tablespoons raisins 1 teaspoon oregano ½ teaspoon pepper ½ teaspoon pepper ½ teaspoon balsamic vinegar 2 salmon fillets, skin off *To serve:* 1 cup brown rice, cooked 1 cup broccoli, steamed



Everyday Food

Method

PREHEAT oven to 180°C.

HEAT oil in a pan over medium heat. Add onions and cook for 3-4 minutes until soft. ADD garlic to pan and cook until fragrant.

ADD the chopped tomatoes and the remaining ingredients (except fish), bring to a boil, then lower heat and simmer for 5 minutes.

PLACE the fish into a greased medium sized casserole dish.

POUR the tomato mixture over the fish and bake, uncovered, for 30 minutes. SERVE with brown rice and broccoli.

Recipe courtesy of Judy Fysh, Nelia Branch

