

Salmon with Tomato for Two

Serves: 2

Prep time: 10 minutes

Cook time: 40 minutes



3 serves per portion

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 cumin

1 tablespoon balsamic vinegar

2 salmon fillets, skin off

To serve:

1 cup brown rice, cooked

1 cup broccoli, steamed

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.



Everyday Food

Recipe courtesy of Judy Fysh, Nelia Branch