

Oven Baked Salmon with Cream

Something delicious for lunch or dinner when it has to be quick

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INGREDIENTS

(makes 2 portions)

- 250-300g salmon (I use frozen)
- cherry tomatoes
- about 100g of cream (30% fat)
- salt
- pepper
- fresh dill (alternatively can also use frozen)

- 5-6 medium potatoes (starchy)
- about 5g butter
- some milk
- salt
- 1 tsp horseradish cream



DIRECTIONS

1. If you are using frozen fish, defrost it first before starting with the recipe. I use thin frozen salmon filets that are separately packed in plastic wrap and I defrost them in a bowl with cold water for about an hour.
2. Once the salmon has defrosted, take an oven proof dish that fits the salmon filets and place the filets in the dish. Wash the tomatoes and place around the salmon. You don't need to remove the green parts at this point as they will look nice when plating the dish. Pour over some cream so that the salmon is covered to about half but not completely. Season generously with salt and pepper and add some dill on top. Bake the salmon in 180°C bottom top heat in the middle shelf of the oven for 20-30 minutes depending on the thickness of the filets.
3. While the salmon is baking you can prepare the mashed potato to go with it. Peel the potatoes, cube them and boil them in salted water until soft. Drain the water and add about 5g of butter. Allow the butter to melt shortly before you start mashing the potatoes. If needed add a little milk to make the mashed potato softer and creamier. Once you are happy with the consistency of the mashed potato add the horseradish cream, mix it in well, taste for salt and season with some salt if needed.
4. Serve the warm baked fish with the mashed potatoes. Add some of the cream from the bottom of the baking dish on top of the salmon when serving.