

Roast Salmon with Green Beans (Serves 6-8)

Ingredients

Salmon

- 1 side of salmon (about 1.8 kg)
- Small handful thyme, leaves picked
- 1 tbsp olive oil
- 1 lemon, cut into wedges

Green Beans

- 500g green beans, trimmed
- 1 tbsp unsalted butter
- 1 tbsp olive oil
- 2 tbsp slivered almonds

Method

1. Pre-heat oven to 180°C/ 160°C fan forced. Place the salmon onto a large baking tray lined with baking paper. Run your finger across the flesh and check for pin-bones. Remove any with tweezers (see Chef's Tips). Brush with olive oil and season with salt and the thyme leaves. Bake for 15-20 minutes for medium-rare or until cooked to your liking then season with pepper.
2. While the salmon is cooking, heat a small frying pan over a low heat. Add the almonds and toast, stirring every now and then, until golden. Set aside. Add a pinch of salt to a pan of simmering water. Throw in the beans and cook for 3-4 minutes until tender and bright green. Drain using a colander and rinse under cold running water for 5 seconds to refresh. Return the beans to the saucepan, with the butter, oil and almonds and toss to coat. Season with salt and pepper and serve with the salmon.

Chef's Tips

- Choose fresh salmon that is bright pink with a firm texture.
- Salmon is an extremely delicate fish that is best-served medium. Feel free to cook it for longer if you prefer.
- Be sure to remove the sharp pin-bones from the salmon before cooking. To do so, pick up a pair of clean tweezers. Carefully run your fingers across the salmon flesh and you'll feel the points of the bones. Use the tweezers to pull them out. You could also try asking your fishmonger to do this for you.