

Wild Salmon with Potatoes and Green Beans

Preheat your oven to 400 F

The line up of ingredients in this recipe is

4 Wild Atlantic salmon fillets (5oz)
1 ½ lbs. scrubbed potatoes
½ Lemon cut into thin slices
1 cup red onion diced
½ cup Chicken stock
½ cup wine
1 lb Green beans, cleaned
½ bunch fresh sage leaves
½ bunch fresh thyme leaves
Salt and pepper to taste

Directions:

Preheat oven 400 F

Boil water, add salt and potatoes, and cook for 5 minutes.

Add green beans to potatoes and cook for 1 minute more.

Strain potatoes and beans and place in casserole dish.

Season potatoes and beans with salt, pepper add fresh sage.

Place salmon fillets on potatoes and beans skin side down, add onions.

Pour chicken stock and wine over fish and vegetables.

Place lemon slices on salmon and season with sea salt and pepper and thyme.

Cover casserole with plastic wrap then foil to create a steam bath effect

Place in oven for 15 minutes per 1" thickness

Did you know?

Salmon is a great source of protein and healthy omega 3 fat. 1 cup of Green Beans has 122% of your RDA in vitamin K.