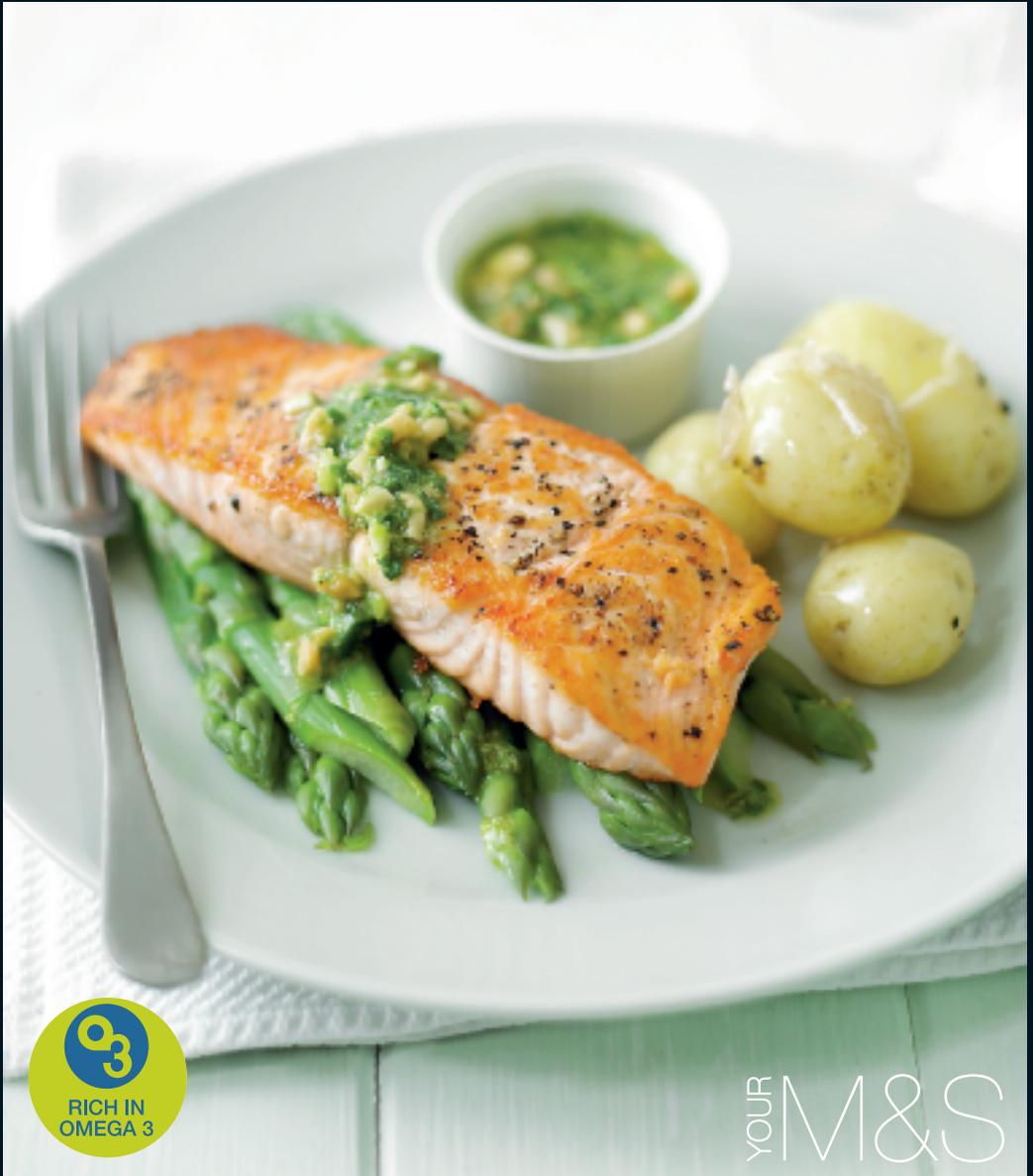


RECIPE CARD | SUMMER

# LOCHMUIR™ SALMON with basil, peanut and lime pesto



FOR M&S

great food starts with great ingredients

# LOCHMUIR™ SALMON with basil, peanut and lime pesto

**Preparation** 10 minutes

**Cooking** 25 minutes

**SERVES 2** | DIFFICULTY RATING: EASY ●○○

## Ingredients you will need from M&S

- \* 200g baby new potatoes
- \* 100g asparagus tips
- \* 1 tsp sunflower oil
- \* 265g pack 2 x Lochmuir™ Scottish salmon fillets

## For the pesto:

- \* 2 tbsp salted peanuts
- \* ½ small clove garlic
- \* 25g pack basil leaves
- \* 3 tbsp olive oil
- \* 1 tbsp lime juice

- 1** Cook the potatoes in boiling water for 13 minutes, then add the asparagus tips to the water and cook for a further 2-3 minutes until just tender. Drain and keep warm.
- 2** Meanwhile, prepare the pesto. Whizz all the ingredients together in a food processor until finely chopped, season with black pepper and add a little more lime juice to taste. Set aside.
- 3** Heat the sunflower oil in a small frying pan. Season the salmon fillets with black pepper and fry for 2-4 minutes each side, depending on the thickness of the fish, until golden and just cooked through. Serve with the potatoes, asparagus – sliced in half lengthways, if you like – and a drizzle of pesto.

### EACH SERVING PROVIDES

<b>CALS</b> 600	<b>SUGARS</b> 2.1g	<b>FAT</b> 44.9g	<b>SAT FAT</b> 8.8g	<b>SALT</b> 0.25g
<b>30%</b>	<b>2%</b>	<b>64%</b>	<b>44%</b>	<b>4%</b>

OF YOUR GUIDELINE DAILY AMOUNT

**TIP** Try pine nuts instead of peanuts in the pesto, or save time and try M&S ready-made fresh green pesto instead.



Prices correct at time of going to print



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## WINE SUGGESTION

MARLBOROUGH SAUVIGNON BLANC 2008, £7.99 (75cl)

From New Zealand's South Island, this has a fresh vibrant aroma and flavours of gooseberries and lemons.

Products containing alcohol can only be sold or delivered to people aged 18 or over. drinkaware.co.uk

## IN THE BASKET

