

# Parsley-crumbed roast salmon with tomatoes



## Parsley-crumbed roast salmon with tomatoes

**Preparation** about 20 minutes

**Cooking** about 20 minutes

**Serves** 4

- 1/2 cup flat-leaf parsley leaves, finely chopped
- 1 cup fresh multi-grain breadcrumbs
- 2 garlic cloves, finely chopped
- 1/3 cup finely grated parmesan cheese
- 1 tsp finely grated lemon zest
- Salt and ground black pepper
- 2 tbs olive oil
- 4 x 200g thick salmon fillets, skin on and boned
- olive oil cooking spray
- 2 stems (500g) truss mini roma or cherry tomatoes
- baby salad leaves and lemon wedges, to serve

1. Preheat oven to 200°C. Combine parsley, breadcrumbs, garlic, parmesan cheese and lemon zest in a bowl. Season with salt and pepper. Stir to combine. Drizzle mixture with oil. Stir until breadcrumbs are lightly coated in oil. Press breadcrumb mixture onto flesh-side of salmon to form an even topping.
2. Place fish, skin-side down, on a baking tray. Spray liberally with oil. Place tomatoes in a small roasting pan. Spray with oil and season with salt and pepper. Roast fish and tomatoes for 15 minutes or until crumbs are crisp, the fish is just cooked through and tomatoes are tender. Serve with baby salad leaves and lemon wedges.



### Parsley

- A sprig of parsley doesn't provide significant quantities of nutrients, but when used in larger amounts, parsley is a source of iron, needed for making red blood cells and vitamin C, useful for helping keep gums healthy and fight infections (30g of parsley supplies the recommended dietary intake of vitamin C).
- Provides beta carotene, which is converted to vitamin A and benefits vision in dim light.