

Herb-crusted salmon with roasted truss tomatoes



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Preparation 25 mins | Cooking 15 mins | Serves 4

- ½ cup flat-leaf parsley leaves, chopped
- 2 tbs dill leaves, chopped
- 1 cup fresh wholegrain breadcrumbs
- 2 garlic cloves, finely chopped
- ⅓ cup finely grated parmesan cheese
- 1 tsp grated lemon zest
- ¼ cup olive oil
- 4 x 175g thick Atlantic salmon fillets
- 1 (about 275g) stem cherry truss tomatoes
- Olive oil cooking spray
- Lemon wedges and a leafy green salad, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line a large baking pan with baking paper. Combine parsley, dill, breadcrumbs, garlic, parmesan and lemon zest in a bowl. Drizzle with oil and mix until well combined. Press breadcrumb mixture onto flesh-side of salmon.

STEP 2 Arrange salmon (crumb-side up) and tomatoes in the baking pan. Spray salmon and tomatoes with oil. Season with salt and pepper. Roast for 15-18 minutes (depending on thickness of fish) until fish is just cooked through. Serve with lemon wedges and a green salad.

Good for you... *TRUSS TOMATOES*

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

