

Mediterranean Lentil & Salmon One Pot

Perfect for date night, this one pot salmon dish is a real winner

Serves: 2

Prepare: 10 Minutes

Cook: 35 Minutes

Difficulty: easy



Ingredients

- 2 [organic salmon fillets](#)
- 1 small courgette
- 300g cherry tomatoes
- 1 400g tin cooked green lentils in water
- 2 cloves of garlic
- 1 red onion
- 1 chicken or vegetable stockpot
- pinch of salt
- freshly ground black pepper
- 2tbsp olive oil

Method

1. Preheat the oven to 180°C
2. Slice the courgette into discs, finely slice the garlic and cut the onion into thick slices
3. Put the courgette, tomatoes, lentils (including water from the tin), garlic and onion in a shallow casserole dish or oven proof tray. Break up the stock pot and dot that around the dish, add salt and a few good grinds of black pepper. Mix well
4. Drizzle the olive oil over the top and place in the oven for 20 minutes. Remove from the oven, place the salmon fillets on top and return to the oven for 12-15mins until the salmon is cooked through