

Herb-crusted Salmon with Orange

A herb crust adds extra flavour to a piece of salmon. This herb topping also works well with other fish or meat like chicken, pork or lamb.



Fish, soya and wheat (gluten)*

Nutritional information per portion (125g):

Energy 1075kJ 256kcal 13%	Fat 15g 21%	Saturates 2.4g 12%	Sugars 1g 1%	Salt 0.38g 6%
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of an adult's reference intake.
Typical values per 100g: energy 860kJ/205kcal.

Equipment

Baking tray
Pastry brush
Grater
Blender (optional)
Small bowl x 2
Chopping board
Sharp knife
Juice squeezer
Measuring spoons
Metal spoon
Oven gloves
Pan stand
Fork

Ingredients

Serves 4

Vegetable oil (for greasing the baking tray)
2 thick slices brown OR wholemeal bread
1 small orange
1 x 15ml spoon fresh parsley
1 x 15ml spoon fresh chives
1 x 15ml spoon olive oil
4 skinless, boneless salmon fillets

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Bread that is 1-2 days old will be easier to make into breadcrumbs.
- Line the baking tray with foil before greasing to make washing up easier.
- Mix some of the leftover orange juice with reduced-fat mayonnaise and serve with the salmon.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Brush the baking tray with a little vegetable oil.
3. Grate the bread to make the breadcrumbs (or make in a blender).
4. Put the breadcrumbs in a small bowl.
5. Finely grate the orange rind and add to the breadcrumbs.
6. Cut the orange in half, squeeze the juice and add 1 x 15ml spoon of the juice to the breadcrumb mixture.
7. Finely chop the parsley and chives and add to the breadcrumb mixture.
8. Add 1 x 15ml spoon of olive oil and stir well.
9. Place the fish on a chopping board and press the orange crumb mixture firmly on top of each fillet and then place on a baking tray. Wash your hands after touching the raw fish.
10. Bake in the oven for 10–12 minutes. Test that the salmon is cooked right through and flakes easily with a fork.

Something to try next time

- Change the orange for a lime or a lemon to give a more tangy flavour or use other herbs like basil.

Prepare now, eat later

- The breadcrumbs can be prepared in advance. Keep in an airtight container or food bag and store in the refrigerator to use the next day. Alternatively, freeze for up to 1 month.
- The dish can be made and kept, covered, in the refrigerator for a maximum of 3 hours before cooking.

Skills used include:

Measuring, chopping, grating, squeezing, blending and baking.