

Salmon, spinach and dill potato bake recipe



Serves 4

Takes 30 minutes to prepare. Freeze for up to 2 months, defrost at room temperature for 8 hours or until fully thawed and bake for 50 minutes

Ingredients

- 600g waxy potatoes, such as Desirée
- About 350g young leaf spinach
- 4 skinless salmon fillets, about 700g, cut into bite-size chunks
- 1 onion, finely sliced
- Finely grated zest of 1 lemon
- 60g butter
- 50g flour
- 500ml semi-skimmed milk
- 15g fresh dill, chopped

Method: How to make salmon and potato bake

1. Cook the unpeeled potatoes in a pan of boiling water for 15 minutes. Drain and set aside.

To eat straightaway, prepare up to the end of step 4, then continue from step 6.

2. Meanwhile, put half the spinach in a colander over the sink. Pour over boiling water to wilt the spinach, then refresh in cold water. Repeat with the remaining spinach. Drain and squeeze out as much liquid as possible. Set aside in a large bowl, along with the salmon, onion and lemon zest.

3. Make a white sauce. Melt 50g butter in a pan over a medium heat. Add the flour and cook, stirring, for 1 minute, then gradually whisk in the milk. Cook for 5 minutes, stirring, until thickened. Season, stir in the dill and cool slightly. Pour over the salmon mixture and gently mix. Tip into a deep 2.3-litre baking dish.

4. Remove and discard the potato peel and slice thinly. Overlap in a single layer on top of the salmon.

5. Chill, cover and freeze for up to 2 months. Thaw at room temperature for 8 hours or until fully thawed.

6. Melt the remaining butter and brush over the potatoes. Preheat the oven to 200°C/fan180°C/gas 6. Bake for 50 minutes, or until hot throughout. Serve with peas.