Main dishes / Italy

salmon fillet with tomato and potatoes · Italy

Gently cooked fish, potatoes and tomato make a practical Italy-inspired dinner.

Time 40 min **Servings** 4

What you'll need.

- ☐ 600 g boneless salmon fillet
- ☐ 700 g peeled potatoes
- ☐ 500 g tomato
- ☐ 30 ml neutral cooking oil
- ☐ 15 ml extra virgin olive oil
- ☐ 2 g dried oregano
- ☐ 10 g fresh basil
- ☐ salt and pepper to taste

Let's make it.

01 Cut the potatoes into even pieces and boil for about twenty minutes until completely tender.

02 Clean and chop the tomato, then boil or steam for 7 minutes until cooked.

03 Heat the oil in a frying pan. Pat the fish dry and place it carefully in the pan.

04 Cook the boneless salmon fillet in a separate pan to at least 63°C at the centre; the fish should flake easily.

05 Plate the fish, potatoes and vegetables. Loosen the listed flavourings with warm cooking water and spoon over.

AI-developed, not kitchen-tested.

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