



One Pan Creamy Salmon, Potatoes & Peas

2 servings
 35 minutes

Ingredients

2 cups Mini Potatoes (halved)
 1 tsp Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 1 tbsp Thyme (fresh)
 2/3 cup Vegetable Broth
 1/4 cup Coconut Cream
 1/2 cup Frozen Peas (thawed)
 283 grams Salmon Steak
 1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	440
Fat	18g
Carbs	35g
Fiber	5g
Sugar	4g
Protein	34g
Cholesterol	78mg
Sodium	328mg
Vitamin A	1133IU
Vitamin C	40mg
Calcium	52mg
Iron	4mg
Selenium	53µg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In an oven-safe pan or dish, toss together the potatoes, oil, salt, pepper, and thyme. Bake in the oven for about 20 minutes.
- 3 Remove the pan from the oven. Add the broth, coconut cream, and peas. Stir to combine, taste, and adjust the seasoning as needed.
- 4 Season the salmon all over with salt and pepper. Place the salmon into the pan and bake for another 12 to 15 minutes or until everything is cooked through. Timing will depend on the thickness of your salmon.
- 5 Divide evenly between plates, squeeze lemon juice on top, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one salmon steak and approximately 1 1/3 cups of vegetables and sauce.

More Flavor: Add garlic and onion.

Additional Toppings: Top with fresh parsley or green onion.