

Lemon Butter Salmon & Green Beans

Fifteen minutes from fridge to plate. Proper weeknight food.

Serves 2

Prep 5 min

Cook 10 min

4g

CARBS
PER SERVING

Salmon, lemon butter and the green beans.

You'll need

- ☐ 2 salmon fillets
- ☐ 30g butter
- ☐ 1 garlic clove, chopped small
- ☐ Juice of half a lemon (about 1 tbsp)
- ☐ 200g green beans
- ☐ Salt and pepper, to taste

Method

- 1 Put a pan of water on to boil for the beans.
- 2 Season the salmon. Heat half the butter in a frying pan on a medium heat.
- 3 Put the salmon in skin side down and cook for 5 minutes until the skin is crisp.
- 4 Flip it and cook for 3 more minutes, until it's cooked through (see Food safety below).
- 5 Meanwhile, boil the beans for 4 minutes, then drain.
- 6 Lift the salmon onto plates. Add the rest of the butter and the garlic to the pan for 1 minute, then squeeze in the lemon juice.
- 7 Pour the lemon butter over the salmon and beans.

TIP

Thicker fillets need a minute or two longer. Thin ones need less.

SWAPS

Any fish fillet works: cod, haddock or sea bass. Thinner fish cooks faster, so check it sooner.

STORING IT

Best eaten fresh. Leftovers keep in the fridge for up to 2 days and are nice cold in a salad.

AIR FRYER

Brush the salmon with a little melted butter and cook skin side down at 180°C for 8 to 10 minutes, until it flakes easily. Make the lemon butter in a small pan.

FOOD SAFETY

Fish is cooked when it's opaque (not see-through) all the way through and flakes easily with a fork.