

Match of the Day Kickabout

Baked Pesto Salmon



You will need

- ✓ 2 Salmon fillets, skinned
- ✓ 1 Lemon
- ✓ 2 Teaspoons olive oil, plus a little extra for drizzling
- ✓ 2 Tablespoons pesto
- ✓ 100g Kale, chopped
- ✓ 1 Sachet of boil in the bag brown rice

Instructions

Serves 2

Step 1

Preheat the oven to 200C.

Step 2

Place each salmon fillet on a piece of baking foil with plenty of room round the edges.

Top Tip: Make sure you keep all of the lovely juices in the foil and pour them over the finished dish.

Step 3

Put one tablespoon of pesto on each fillet. Then squeeze over some lemon juice, a pinch of salt and pepper and a teaspoon of olive oil on each.

Step 4

Wrap up the parcels and bake in the oven for 15-20 minutes, depending on the size of the fillet.

Step 5

Place the bag of rice in boiling water and cook for 16-18 minutes.

Step 6

Spread the kale out on a baking tray. Drizzle over a little olive oil and add a sprinkling of salt.

Step 7

Bake in the oven for 10-12 minutes or until crispy.

Step 8

Remove the rice from the water and drain.

Step 9

Divide the rice between two plates. Remove the salmon from the oven, unwrap and place the salmon on top of the rice.

Step 10

Serve with the kale chips on the side.