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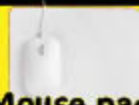
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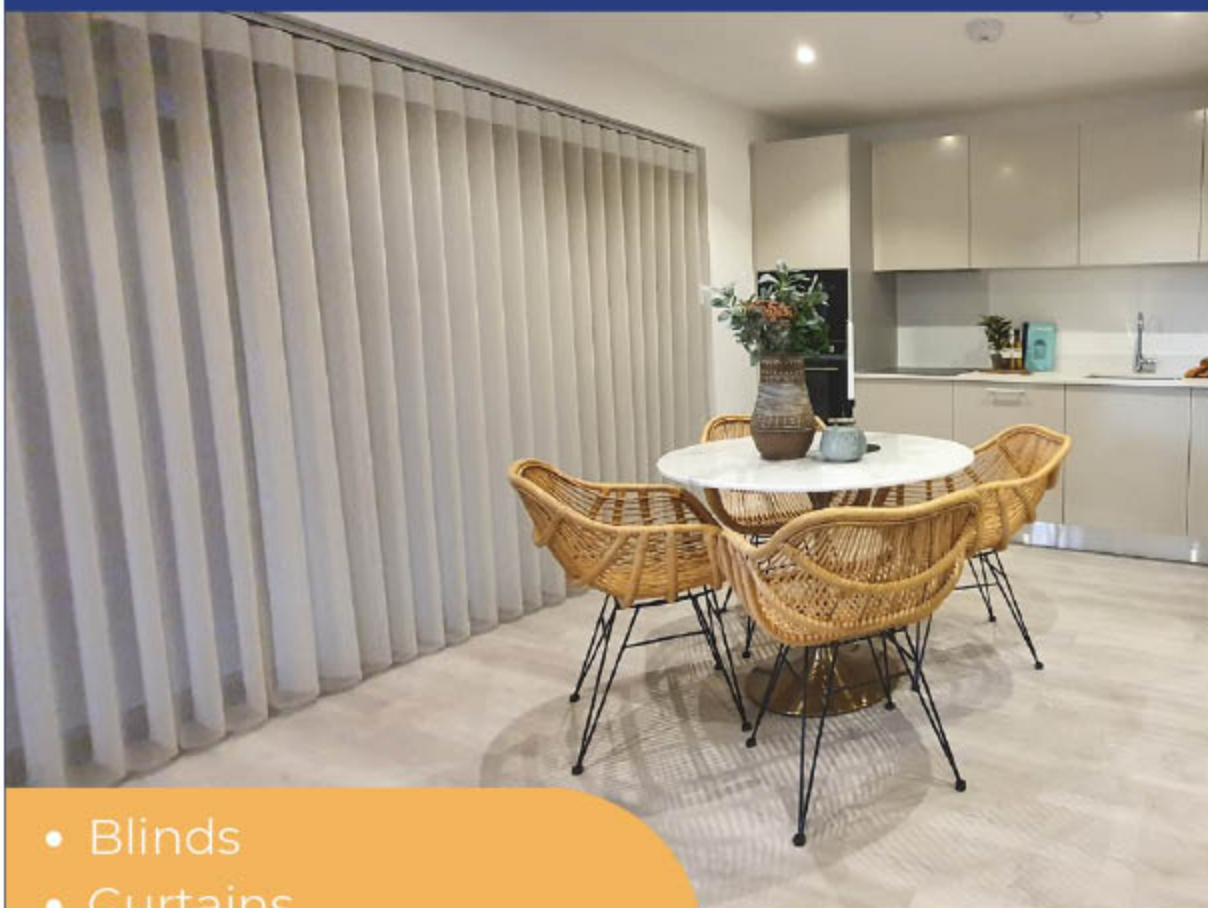
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19 February – Bubby Trap Video (£13 for Yr 6 and below, £15 for Yr 7 and up, 7:30 PM at Planet).



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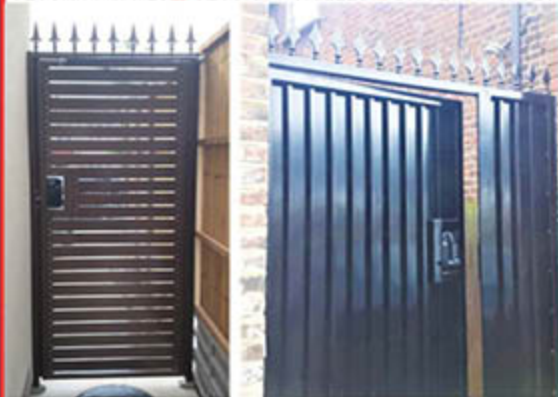
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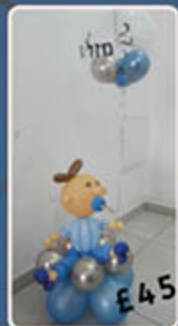
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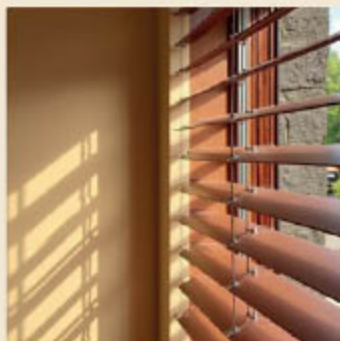
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Recipe

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Yields 4-6
Portions



45 Minutes

Ingredients:

1 whole side of salmon fillet (around 1kg), with skin removed

1kg baby potatoes, washed and cut in halves

8 cups mixed greens

250g cooked barley (or brown rice)

1 head of garlic

6 tablespoons olive oil divided

½ teaspoon dried rosemary

½ teaspoon salt

¼ teaspoon black pepper

3 tablespoons low sodium soy sauce

½ teaspoon dried mixed herbs

A third of a cup of balsamic vinegar

Salt & pepper, to taste

Balsamic glaze – for drizzling

THE MAIN EVENT

Grilled salmon & baby potatoes on a bed of greens & barley

Method:

For the salmon:

Heat oven to 200°C.

Toss baby potatoes with 2 tablespoons olive oil, rosemary, salt and black pepper. Cut a 1/4 off the head of garlic horizontally, and wrap it in foil. Place potatoes and garlic on a parchment lined baking tray and roast in the oven for 40 minutes. Coat the salmon with 2 tablespoons olive oil, soy sauce, dried mixed herbs and pepper. Place on another parchment lined baking sheet and place in the oven 20 minutes before the potatoes are ready. Roast salmon for 18-20 minutes.

For the dressing:

Blend together the balsamic vinegar, remaining 2 tablespoons olive oil, salt and pepper, and squeezed out roasted garlic. If too thick add a bit of water.

Complete the dish:

Combine a few tablespoons of dressing with the cooked barley, and the rest with the mixed greens. Arrange greens on a platter. Sprinkle the barley over the greens. With a large spatula place the salmon on the greens and barley and place the baby potatoes all the way around the salmon. Drizzle balsamic vinegar over the salmon to decorate.

Variation:

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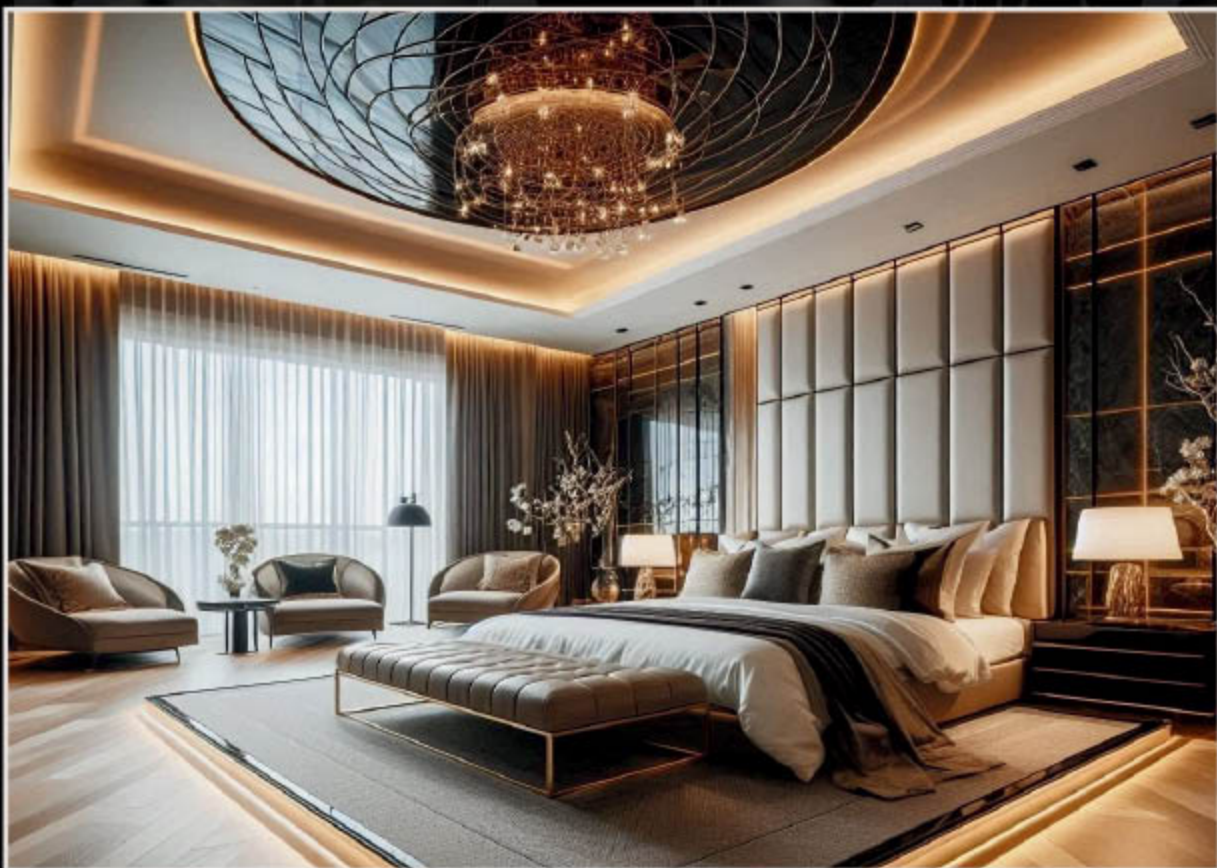
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