

# Smashed Green Peas + Pan Roasted Salmon

Here's a quick + easy gourmet dinner to cook in around 10 minutes. I love the fact that it tastes so fresh and clean, and any leftover salsa Verde can be used so many other ways such as a side to vegetables and salad. I always have a few bags of peas in the freezer, as they combine really well into so many recipes and are packed with nutrition. I've used a delicious NZ Marlborough King Salmon for this recipe that is high in omega 3's, but feel free to use other fish too, as they all go really well with the smashed peas.

What's good about it?

Salmon is high in healthy marine long chain Omega-3s that is needed for heart and brain health as well as helping your immune system stay in good shape. Salmon is also a great source of protein to help build + repair the body. Green peas are loaded with antioxidants and anti-inflammatory nutrients. They are a great source of Vitamin A, K + folate, fibre and packed with protein as well as iron for energy metabolism. After your meal it's a great idea to enjoy a vitamin C rich fruit such as orange, kiwi or mandarin to help with the iron absorption of the peas.



4 x 200g (7 oz.) Salmon Fillet, bones removed or feel free to use whatever fish you like (sardines, blue eye, snapper all work really well)

500 g / 17 1/2 oz. green peas (fresh or frozen)

## Avocado salsa Verde

1 avocado, peeled and stone removed (200g / 7 oz.) <http://www.thehealthychef.com/wp-content/uploads/2012/07/Smashed-Green-Peas-+-Salmon-graded-A-2324.jpg>

Juice from 1/2 lemon

1 bunch flat-leaf (Italian) parsley

1 small bunch mint leaves

1/2 cup (125 ml / 4 1/2 fl oz.) water

Sea salt and white pepper to taste

Preheat your oven to 200 C / 400 F / gas 6.

To make the avocado salsa Verde:

Combine the avocado, lemon juice, parsley, mint and 1/4 cup (60 ml / 2 fl oz.) of the water in a good high speed blender like a Vitamix.

Blend until smooth.

Add the rest of the water and blend until smooth and creamy.

Season with a little sea salt and pepper then set aside in the fridge until needed.

Cook salmon fillets, skin side down in an oven proof pan with a little olive oil over a medium heat for 2 – 3 minutes.

Place the pan in the oven to finish cooking the salmon for another 4 – 5 minutes to finish cooking.

Cook peas for 5 minutes then drain.

Smash them with a potato masher, adding 2 heaped tablespoons of the avocado salsa verde.

Serve a scoop of smashed green peas onto serving plates and top with a piece of roasted salmon.

Garnish with a little lemon and drizzle a little salsa verde around.