



## Stoved Potatoes with Soy Beans and Kiln Smoked Salmon

A great 1 pot meal which can be adapted with lots of other ingredients. Soya beans are available frozen in most supermarkets. They have a nice crunchy texture and good flavour.

- 6 potatoes (300g)
- 1 small onion – sliced
- 2 kiln smoked salmon fillets
- 1 clove garlic
- 1 tsp thyme leaves
- 105g butter
- 200g frozen soya beans
- 2 tbsp double cream
- Squeeze of lemon juice



1. Melt the butter in a heavy based pan with a lid.
2. Add the onions, garlic and potatoes. Stir to coat everything with the butter and add the thyme and a splash of water.
3. Put the lid on the pan, turn down the heat to low and cook for 10min or until the potatoes are almost cooked.
4. Add the soya beans, increase the heat to medium and add the cream and another splash of water if the bottom of the pan looks dry. Season with a little pepper and a squeeze of lemon juice.
5. Stir everything round, remove the skin from the salmon and place on top of the potato & bean mixture.
6. Place the lid back on the pan and allow to cook for a further 10 minutes to cook the beans and warm the salmon through.

### *Hints, Tips and Variations*

*Wheat & gluten free*

*For dairy free, omit the cream or swap to a dairy free alternative.*

*Use fresh salmon, smoked haddock, smoked or fresh mackerel. You may need to adjust the cooking time of the fish if the pieces are raw or large.*

*Try frozen broad beans, peas or diced carrot instead of soya beans.*