



Healthy Salmon Pesto Sauce



Makes : Serves 2

2 salmon fillets
1 red, orange or yellow pepper
half a red onion
half eggplant
2 packed cups basil leaves
½ cup roasted, unsalted pecans (or pinenuts, almonds or walnuts!)
3 cloves of garlic
½ teaspoon salt
½ teaspoon pepper
½ cup olive oil (may need 1 to 2 tablespoons more to reach consistency you desire)

For the sauce

In a food processor, combine the basil, pecans, garlic, salt and pepper. Pulse until all the ingredients are finely chopped. Add in the olive oil, and pulse another 10-15 times until combined. Makes about 2 cups.

Will keep in an airtight container in the refrigerator for 2 weeks, or in the freezer for up to 1 year.

I store my dairy free pesto in wide mouth pint size mason jars since they're freezer friendly!

Method

Set oven to 180deg. In a mixing bowl put 2tbs of olive oil black pepper and paprika and then add the sliced veg, mix the veg until all is covered. Place veg on a oven tray and put in to the oven for 15mins then turn them over and put them in for another 10mins. At the same time place the salmon on a oven tray. Put a thin layer of the pesto sauce on the top of each salmon fillet. wrap lightly in tin foil and place in the oven for 5mins. After 5 mins uncover the salmon and cook for an additional 10mins. Whilst they are cooking heat the remainder of the pesto sauce up either in the microwave or on the stove. Once the veg is soft and the salmon is cooked place the veg on the plate first pour the remainder of the sauce on the veg and then add the salmon on top.