**Baked salmon with mixed peppers**

**Serves 4 (1P ½ LE)**

* 1 red pepper, deseeded and sliced into strips
* 1 yellow pepper, deseeded and sliced into strips
* 8 spring onions, trimmed and cut into 1cm pieces
* 480g portions of salmon, steaks or fillets
* 8 sprigs fresh dill
* juice of 2 lemons and zest of 1 lemon
* 4tbsp water
* 500g spinach
* black pepper (optional)
* 1 dessert spoon olive oil
1. Cut 4 squares of silver foil (approx 45cm square) and divide the peppers and spring onions between them.
2. Place the fish on top, followed by 2 sprigs of dill, juice of ¼ lemon, pinch of black pepper and a dash of water on each.
3. Fold the foil into a sealed parcel, place on a baking sheet and bake in a preheated oven Gas 6, 200°C, fan 180°C for 15 minutes.
4. Cook the spinach. Divide between 4 plates and season to taste, then sprinkle with the remaining lemon juice, zest and olive oil.
5. Place the salmon and peppers on top. Serve with boiled new potatoes or rice.