

## Baked Atlantic salmon on soft blue-cheese polenta



### Getting Started

Preparation time: – 15 minutes

Cooking Time: – 15 minutes

Oven Temperature: – 180°

### Ingredients

4 x 180g Atlantic salmon fillets

Olive oil, for brushing

3 cups (750ml) milk (lactose free if necessary)

2 cloves garlic, crushed (or peeled and halved if planning to remove due to FODMAPs issues)

$\frac{2}{3}$  cup (110g) instant polenta

80g strong blue cheese (or to taste)

Salt and freshly ground black pepper



## Method

1. Place the salmon fillets on a greased baking tray, brush with olive oil and bake for 10-12 minutes or until cooked to your liking
2. Meanwhile, combine the milk and garlic in a medium saucepan over medium heat and bring to just below the boil
3. OPTIONAL – Remove the garlic with a slotted spoon
4. Add the polenta and stir until the mixture comes to the boil
5. Reduce the heat to low and cook, stirring constantly, for a further 3-5 minutes. The polenta should be the texture of smooth mashed potato
6. Stir in the blue cheese and allow to melt, then season to taste with salt and pepper
7. Spoon the polenta onto warmed plates, top with the salmon fillets and serve with your choice of salad or vegetables.