Pesto-crusted salmon (serves 2)

Ingredients:

- 2 x 110g salmon fillets
- 1 cup of fresh (or packet) breadcrumbs
- 2 tblsp pesto paste
- 2 tblsp finely grated parmesan cheese
- 1 tsp chopped parsley
- 1 medium tomato, halved
- Salt and pepper to taste

Method:

1. Preheat oven to 200 °C and line a medium shallow baking dish with baking paper for easy clean-up.
2. Combine breadcrumbs, cheese, parsley and pesto in a bowl. Place salmon in prepared dish. Sprinkle half of the crumb mixture on each piece then press down firmly with fingertips.
3. Place both tomato halves in the baking dish alongside the salmon. Season with salt and pepper.
4. Bake for 15 mins or until cooked to your liking.