Salmon Broccoli Potato Bake

2 generous portions, each with half the salmon, broccoli, potatoes and sauce · Active 45 min · Total 1 hr 30 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• Canned pink salmon, skinless and boneless, drained and checked (240 g edible)

• 14 oz potatoes with skin, scrubbed and sliced 1/4 inch/6 mm thick (400 g)

• About 3 cups broccoli in small florets with peeled stalk thinly sliced (250 g prepared)

• About 6 cups water for vegetables (1.5 liters)

• 1 cup reduced-fat 2% milk (240 ml/about 247 g)

• 2 teaspoons unsalted butter (10 g)

• 1 tablespoon all-purpose flour (10 g)

• Scant 1/2 cup loosely grated cheddar (40 g)

• 1/4 teaspoon fine salt (1.5 g)

• 1/8 teaspoon black pepper (0.3 g)

Set out

2-liter/about 2-quart baking dish, about 8-inch/20 cm square and 2-inch/5 cm deep, Large saucepan for potatoes/broccoli, Small saucepan for sauce, Colander, Whisk, Knife and board, Kitchen scale, Measuring jug, Grater, Food thermometer, Oven mitts

Allergens

Fish (salmon), Milk, Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 375°F/190°C. Bring the vegetable water to a boil. Add potato slices and simmer for 7–9 minutes until nearly tender. Add broccoli and cook for 3–4 minutes more, until broccoli is tender and potatoes can be pierced without a hard center. Drain gently.

2. Meanwhile melt butter in the small saucepan over medium-low heat. Stir in flour for 1 minute without browning. Add milk in several small additions, whisking smooth each time. Bring to a gentle simmer and cook for 3–5 minutes until lightly thickened and coating the spoon. Stir in salt and pepper, then remove from heat.

3. Drain and check canned salmon, removing any remaining skin or bone. Flake into the sauce in chunky pieces. Put half the drained potatoes and broccoli in the baking dish, add half the salmon sauce and repeat. Sprinkle all measured cheddar over the top.

4. Bake for 25–30 minutes until bubbling and the center reaches 165°F/74°C. Rest for 5 minutes, then divide all contents into 2 generous portions.

A useful kitchen skill

Part-cook a dense vegetable before layering and build a flour-thickened sauce with small milk additions rather than chasing lumps later.

A useful detail

The estimate uses canned pink salmon drained without skin and bones, not an entire can’s net weight. The potato and broccoli stages are deliberately completed before baking. The 90-minute total includes beginner slicing and sauce work.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days. Reheat the needed portion to 165°F/74°C throughout. Freeze for up to 2 months and thaw in the refrigerator; the milk sauce can separate slightly. Do not leave the deep whole baking dish on the counter to cool completely.