

Savoury Salmon and Asparagus Crumble

Ingredients

For the topping:

450g plain flour
50g porridge oats
100g butter
Salt and pepper to taste

For the filling:

2 tins canned salmon
1 bundle of fresh asparagus
250g tub light cream cheese
1 red onion
300ml skimmed milk
Squeeze lemon juice

Serves 4-6

Method

1. Heat the oven to 180°C/Gas 4. Sieve the flour into a bowl and rub in the butter until it looks like fine breadcrumbs. Add the porridge oats, salt and pepper then set aside. (You could add chopped hazelnuts and almonds for an extra crunchy texture!)
2. Remove the woody end of the asparagus and discard, chop into equal lengths of approximately 2cm.
3. Peel and finely chop the red onion (leave the 'hairy' bit on until last to reduce crying!).
4. In a jug mix the cream cheese and milk adding a little squeeze of lemon juice. You could add salt and pepper to taste if desired!
5. Add the creamy mixture to the salmon, asparagus and red onion and combine in a deep oven-proof dish.
6. Spoon the crumble mixture on top, covering the filling.
7. Bake for 20 - 30 minutes depending on your oven. The filling should be lightly bubbling and topping golden and crispy.
8. Enjoy with a salad and warm crusty bread (see our fragrant focaccia bread recipe!)

