

Recipe 5 – Salmon

This is a good choice for a healthy fish dish with a Mediterranean feel, Salmon has Omega3 oils. The Olive oil dressing with the tomatoes & shallots is also good, a choice of green veg on the side keeps up the healthy feel. A side of boiled new potatoes can make it more filling. You can cook this for 1, 2, 3 or 4 people and adjust the quantities as required. This version is for 3.

Ingredients

- A. 3 Salmon Fillets (with or without skin)
- B. Small plum or cherry tomatoes (a standard packet will do 3 or 4 servings)
- C. Olive oil (needs to be Olive oil as this is the sauce/dressing for the dish)
- D. 1 – 2 Sliced shallots (shallots are sweeter but if you don't have then red or white onion is fine)
- E. Salt & Pepper
- F. Sugar Snap peas or Green Beans (whatever your preference for a side veg Broccoli etc.)
- G. Herb de Provence (optional if available)

Optional extras –

Boiled New Potatoes



Method

Cook Time 30 mins*

Prep Time 20 Mins*

*The quoted times are an estimated and may vary based upon your experience & chosen ingredients.

Pre-Heat your Oven to 170°C

1. If your Salmon has the skin on prepare the Salmon by sprinkling a small amount of salt on the skin.



2. Heat 1 Tbsp of oil in your pan on a medium heat and add your Salmon Skin side down. Season your flesh side with Salt & pepper. You should start to notice the colour of the Salmon changing through the cooking process.



3. After a few minutes as the colour starts to change turn your Salmon over for about a minute, this is not to cook but to colour your Salmon. You can turn it onto the sides if you want as well but this is not full necessary.



4. Once you have coloured your Salmon turn it back onto its skin side , place it in your pre-heated oven (if your pan is oven proof you can use it, if not transfer your Salmon to an oven tray lined with foil). Roast in the oven for approx. 10mins*.



5. When your Salmon is in the Oven you can now start your dressing, in a separate pan (or same pan cleaned if you are using an oven tray) heat your oil over a medium to low heat. Once the oil is warm add your Shallots & warm through, you are not frying these just softening and cooking through.



6. After a few minutes when your Shallots are soft add the Tomatoes & gently cook for few minutes.



7. If using you can now add your Herb de Provence to cook out. Cook the Tomatoes until warmed through but not braking down keeping on a low heat.



8. Check your Salmon in the oven, if you press the top it should be slightly firm to the touch (if it is springy/bouncy it is still undercooked, if it is hard it is probably overcooked). Serve on warmed plates.



9. When you open your Salmon Fillet it should be pink inside and juicy (if its opaque its undercooked and should go back in the pan or oven).



Hints

* This is approx. as it will depend on the size of your fillets, especially the thickness. I recommend check every few minutes by pressing the thickest part of the fillet as per item 8. Try to buy fillets of a similar size as this will help with cooking them all evenly.

You can buy your Salmon with or without Skin, I prefer with skin as this protects the fish more when cooking and stops one side going hard or crusty.

The amount of Olive Oil you use is up to you, remember not to add to much at the start, it's easier to add than take away.