

Crispy Salmon with Marinated Crudités

MAKES:4

PREPARATION TIME:10-15 minutes

COOK TIME:4-6 minutes

INGREDIENTS:

- 100g/4oz fennel
- 100g/4oz tomatoes
- 100g/4oz celery
- 100g/4oz salad onions, trimmed
- 50g/2oz flat leaf parsley
- 100g/4oz carrots, peeled
- 100g/4oz red radishes
- 3 tbsp. Filippo Berio Extra Virgin Olive Oil
- Juice of 2 lemons
- 4 Scottish salmon steaks
- Salt and freshly ground black pepper

To garnish :

- Lemon wedges
- Sprigs of dill

METHOD:

Thinly slice the vegetables and chop up the herbs. Place them into a large bowl with 2 tbsp. oil lemon juice and seasoning. Marinate for 1 hour.

Heat the remaining oil and pan-fry the salmon steaks on high for about 2-6 minutes each side or until crispy brown.

Put the salmon onto 4 hot serving plates served with the marinated vegetables.

Garnish with the lemon wedges and sprigs of dill.

COOK'S TIP:

Replace the salmon with cod steaks or other seasonal fish.



Cook it with: Extra Virgin Olive Oil