

Seared Salmon, Blistered Tomatoes, Zucchini & Goats Cheese Salad

2 portions

Salmon

2 x 180gm skinless salmon fillet

Method

In the video I use a non stick pan and added NO oil to cook the fish as the fish will release some oil as it cooks, for this method do not heat the pan first, slowly allow the heat to come up will release some oil from the salmon. if you don't have a non stick pan, add a little oil first and let the pan heat first.

Tomatoes

1 dozen baby vine tomatoes
1 peeled clove of garlic
4 Table spoons extra virgin olive oil
Red wine vinegar
Sea salt
Fresh cracked pepper

Method

Thinly slice the garlic and lay over the tomatoes, drizzle with the olive oil, vinegar, seasonings and bake in a preheated oven a 180c for 6-8 minutes until they just start to blister. Take out and rest, these juices from the tomatoes will make the dressing for the dish.

Zucchini & Goat Curd Salad

8 zucchini flowers
1/2 long green chilli (I deseeded first as I wanted the flavour not the heat)
1 small clove peeled garlic
Microplane of lemon zest
2-3 Tbsp extra virgin olive oil
Sea salt
Fresh cracked pepper
Chervil
Mint
Goats cheese
Oil from the salmon
Lemon juice and extra virgin olive oil for the dressing

Method

The herbs can vary for this one as can the goats cheese, you could use feta, buffalo mozzarella or whatever you love.

Split the zucchini flowers and sprinkle with chilli, garlic, lemon zest , olive oil and place directly under a hot grill, you want to cook and colour fast with out them over cooking.

So simple, now assemble as shown.

Tips

I do recommend a non-stick pan as you can turn it on low and forget about it while you work on the rest of the recipe, this whole meal can be prepared from scratch in 20 minutes.

Toasted seed or nuts could be a great addition to this salad also.

Enjoy!!

