



Recipe
suggestions

Herb crusted salmon with sautéed garlic potatoes (serves 2)

Ingredients

- > 4 salmon fillets, skin on
- > 50g fresh breadcrumbs
- > 1 tsp each chopped chervil, dill, parsley
- > salt and freshly ground black pepper
- > 1 garlic clove, chopped
- > 1 egg, beaten
- > 1 tbsp olive oil

Method

- > For the salmon, place the breadcrumbs, herbs, garlic and salt and freshly ground black pepper into a bowl and mix together.
- > Dip the salmon into the beaten egg and then dip into the breadcrumb mixture.
- > Heat the oil in the frying pan over a high heat and fry the salmon on both sides for 2-3 minutes or until cooked through.
- > For the sautéed potatoes, in a separate frying pan, heat the olive oil over a medium heat. Add the garlic, rosemary and potato slices and sauté for five minutes until golden.
- > To serve, place the sautéed potatoes onto a serving plate and place the salmon on top.

For the garlic potatoes

- > 1 tbsp olive oil
- > 3 garlic cloves, chopped
- > 2 sprigs rosemary, leaves picked
- > 1 small potato, peeled, sliced and boiled for 5 minutes

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