



Recipe  
suggestions

## Pan-fried salmon with mushy peas (serves 2)

### Ingredients

- > 2 salmon fillet portions, skin on
- > salt and freshly ground black pepper
- > a splash of olive oil

### *For the mushy peas*

- > 30g butter
- > 100g fresh or frozen peas
- > 1 tbsp white wine vinegar
- > a splash of extra virgin olive oil
- > salt and freshly ground pepper
- > 1 lemon, cut into wedges

### Method

- > Heat the olive oil in a frying pan.
- > Season the salmon with salt and black pepper and add to the hot frying pan, skin-side down. Cook for 2-3 minutes on one side, before turning over and frying for 1-2 minutes on the other side.
- > To make the mushy peas, melt the butter in a saucepan. Add the peas, vinegar and a splash of hot water and cook for 3-4 minutes, or until the peas are soft
- > Add the extra virgin olive oil and salt and freshly ground black pepper to taste and mash roughly.
- > To serve, put the mushy peas on a plate and top with the salmon, skin-side up. Garnish with lemon wedges and serve straightaway

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