



SEARED SALMON WITH BALSAMIC COLESLAW



MINUTES TO PREPARE

5



MINUTES TO COOK

15-20



SERVES

2

INGREDIENTS

2 x 175g salmon fillets, skin on
1/2 teaspoon of rapeseed oil
A pinch of Maldon sea salt

For the balsamic coleslaw:

125g celeriac, peeled and grated
on the large grate

1 medium carrot, peeled and
grated on the large grate

1 medium courgette, grated on
the large grate

2 tablespoons of Greek yoghurt

1 tablespoon mayonnaise

2 tablespoons balsamic vinegar

1 teaspoon rapeseed oil

A pinch of Maldon sea salt

*You will need a frying pan, roasting
dish, baking paper, grater and a
mixing bowl*

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Heat the 1/2 teaspoon of rapeseed oil in a frying pan over a high heat. Season the salmon fillets with a pinch of Maldon sea salt. Place them in the frying pan, skin side down.
- 3 Turn down to a medium heat and cook for 5 minutes until the skin starts to go crispy.
- 4 Carefully roll the salmon fillets on their side and cook on either side for 1 minute. Finally turn it upside down and cook on its top for a further minute.
- 5 Next, place the fillets on a small roasting dish and cook in the oven for 5 minutes.
- 6 Meanwhile, make the coleslaw. Place all the ingredients into a mixing bowl. Stir well until thoroughly combined. Taste and season as necessary.

"Cooking with fish... do you find it easy or daunting? I so often hear that people are scared to undercook fish so they overcook it. Does this sound like you? If so, what I'd really like to pass on is that I know you can do it. Give it a go... what's the best that can happen?"

Buy as fresh as you can, speak to the fishmonger at the counter and ask them questions such as 'what's the freshest today? What would you recommend and how would you suggest I cook it? You'll learn so much from the experts. If they don't know the answers, then they aren't the fishmongers to be dealing with!'"