

Salmon nicoise

1xFillet of salmon 6/7 oz

2xAsparaguse spears

3xcherry tomato's (Roasted)

1xhand full green beans (Blanched)

1xsoft boiled egg

3x new potatoes

Mixed leaf or pea shoots (hand full)

Olives (optional)

Spinach dressing

1xHand full spinach

50ml extra virgin olive oil

Season (salt & pepper)

1x juice of lemon

Salmon – Heat pan un till smoking add olive oil season salmon flesh then skin side place in pan skin side down, sear for 1 minute reduce heat cooking for a further 3 minutes, add the juice of half a lemon then a large Nob of butter baste over top of salmon then place under grill for aprox 3 mins on low heat .

Soft poached egg –heat pan of boiling water place egg in water being careful not to break shell cook for 4.5 minutes remove from pan and allow cooling under tap & remove from shell.

Spinach dressing- add all engrediance blitz in food blender taste for seasoning simple as that ready to serve!

Asparagus & green beans – bring salted water to the boil and blanch for 1 minute then allow cool under tap.

New potatoes-cook until soft in middle should take aprox 20 minutes depending on size if not sure cut one in half to check!

Cherry tomato's- you can either cook in a frying pan or under grill on a low heat whichever is easiest for you cook until skin starts to blister season and remove from pan

Assemble ingreidiance- as shown in picture (to be served warm or cold)