

Romley Estate EVOO poached salmon salad

Serves 2

Ingredients

2 fillets of salmon

Romley Estate Grand Reserve extra virgin olive oil

Romley Estate All Rounder Spice Blend

Romley Estate Dukkah

Romley Estate Garlic chilli and herb Kalamata olives

Nasturtium and water cress leaves

Snow peas and sugar snap peas

Method

Add your salmon fillets to a saucepan, and add your olive oil to the pan until it comes half way up the salmon. Increase heat to a medium intensity, but you do not want this to boil. As the heat increases and the salmon starts cooking, spoon the hot oil over the uncovered salmon. You could also turn the fillets over, but be careful the fillet doesn't break apart.

It will take approximately 5 minutes to cook the salmon to medium, so there is still some pink in the middle.

Drain the salmon on paper towel, and then a light sprinkle of All Rounder Spice Blend.

To serve, break the salmon into chunks and place on a bed of the salad leaves, snow peas and sugar snap peas. Garnish the dish with more leaves placed gently around the salmon, along with the Kalamata olives. To finish, sprinkle lightly with dukkah and a drizzle of evoo.