

# Recipe of the Week

## Salmon with Tomato & Lime Salsa



- 1 Red Chilli, seeds removed, finely chopped*
- 2 tsp Caster Sugar*
- 1 tbsp Lime Juice*
- 2 tsp Fish Sauce*
- 2 tsp Sesame Oil*
- 2 cups Coriander Leaves*
- 1 cup Mint Leaves*
- 1 punnet Grape Tomatoes, halved*
- 2 Shallots, thinly sliced*
- 4 x 180g Atlantic Salmon or Ocean Trout Fillets*
- 1 tbsp Sunflower Oil*
- Steamed Jasmine Rice, to serve*

Preheat oven to 190°C. Place chilli, sugar, lime juice, fish sauce and sesame oil in a bowl and stir until the sugar has dissolved. Tear the herbs in a separate bowl and add the tomatoes and shallots. Season the salmon fillets with salt and pepper. Heat sunflower oil in a non-stick ovenproof frypan over medium-high heat. Add the salmon and cook for 2 minutes on each side. Transfer the salmon to the oven and cook for a further 5 minutes or until the salmon is cooked to your liking.

Just before serving, toss the dressing with the tomato mixture. Place salmon on a plate and top with the salsa.

*Serve with lime wedges and steamed jasmine rice.*