

COMBI ROASTED LEMON & BLACK PEPPER SALMON, ROASTED FENNEL, SPINACH & CASHEW PESTO

EQUIPMENT

CHEF'S KNIFE, SOLID BAKING TRAY, SMALL FOOD PROCESSOR, MICROPLANE OR FINE GRATER

INGREDIENTS

½ BULB FENNEL, 60GM RAW CASHEW NUTS, 1 X 180GM SALMON FILLET,
SALT FLAKES, CRACKED BLACK PEPPER, 70GM SPINACH LEAVES, 2 PEELED GARLIC CLOVES,
1 LEMON, 20-30GM EXTRA VIRGIN OLIVE OIL

METHOD

PEEL THE LAYERS AWAY FROM THE FENNEL AND FINELY SLICE THE FENNEL.

PLACE THE SLICED FENNEL IN ONE LAYER ONTO A SOLID BAKING TRAY AND SEASON WITH SALT, PEPPER AND A DRIZZLE OF EVOO.

PLACE THE SALMON FILLET ON TOP OF THE FENNEL AND SEASON THE SALMON WITH LEMON ZEST, PEPPER AND SALT, DRIZZLE OVER A LITTLE EVOO AND PLACE THE SALMON INTO A PRE-HEATED OVEN COMBI SETTING 190°C FOR 7-9 MINUTES.

WHILE THE SALMON COOKS PLACE THE GARLIC AND CASHEW NUTS INTO THE BOWL OF A FOOD PROCESSOR AND BLITZ UNTIL ROUGHLY CHOPPED. ADD THE SPINACH LEAVES A LITTLE MORE LEMON ZEST, SALT, PEPPER AND APPROX 20GM OF EVOO. BLITZ AGAIN UNTIL YOU HAVE A ROUGH BUT EVEN TEXTURED PASTE. CHECK THE SEASONING AND SET ASIDE.

ONCE THE SALMON HAS BAKED REMOVE IT FROM THE OVEN AND PLACE THE ROASTED FENNEL ON TO A PLATE, PLACE THE SALMON ON TOP AND A SPOON FULL OF PESTO ONTO THE SALMON AND SERVE.

HINTS & TIPS

- THIS IS A GREAT OPTION FOR AN EXCELLENT HEALTHY AND QUICK WEEKNIGHT DINNER, FOR BEST RESULTS MAKE SURE YOUR FISH IS AT ROOM TEMPERATURE PRIOR TO COOKING.
- RAW NUTS ARE EXCELLENT FOR HEART HEALTH AND AID IN THE PREVENTION OF DIABETES, BUT LIKE EVERYTHING MODERATION IS THE KEY.