



SALMON AND SEXY VEG



2 servings



15 minutes

INGREDIENTS

2 salmon fillets, skin on
4 anchovies in oil, drained and roughly chopped
½ red chilli, deseeded and finely diced 2 garlic
cloves, roughly chopped
1 tablespoon capers, roughly chopped
Zest and juice of 1 unwaxed lemon
2 teaspoons extra virgin olive oil, plus extra for
frying
350g (12oz) Tenderstem broccoli
1 tablespoon water
Salt and pepper

DIRECTIONS

1. Dry the salmon fillets well and season them with salt and pepper. Place them, skin-side up, in the refrigerator while you prepare your flavour base.
2. In a pestle and mortar, combine the anchovies, chilli, garlic, capers and lemon zest and juice. Add the extra virgin olive oil and mash everything together to form a rough paste. Season with a pinch of salt and set aside.
3. Heat a frying pan over a medium-high heat, with a little olive oil added. Place the salmon, skin-side down in the pan, pressing gently to seal. Let it cook for 4 minutes, so the skin crisps.
4. Meanwhile, heat a second frying pan over a medium-high heat and add a dash of olive oil and the broccoli. Allow it to blister slightly for 2 minutes, then pour in the water to steam the broccoli. Once the water has evaporated, add the paste you prepared earlier and sauté for a few minutes while you finish cooking the salmon.
5. Flip the salmon and sear the other side for 2 minutes, then remove from the pan.
6. To serve, dish up a crispy-skin salmon fillet alongside the sautéed broccoli. Pair with a grain such as quinoa or rice, if needed.

Under 350kcal, 22g protein per serving