

## SEARED SALMON FILLET SERVED ON A BED OF SPINACH, WATERCRESS AND SORREL PUREE

A delicious, attractive and colourful way of serving Salmon; full of protein and vitamins.

Ingredients: Serves 4

4	Salmon Fillets approx. 50 cm wide with skin on
500 g	Spinach
200 g	Watercress
100 g	Sorrel or Rocket
50 g	Butter
	Salt and Pepper
75 g	Crème Fraiche
600 g	Tagliatelle or New Potatoes
	Olive Oil
	<a href="#">Facing Heaven Jalapeno Sauce</a>
	Seasoned Flour

Method:

Wash and sort the spinach, watercress and sorrel or rocket and steam until tender (approx. 5 minutes). Season the cooked leaves with sea salt and freshly ground black pepper. Add approx. 2-3 oz of butter and liquidize to a smooth, but stiff, puree. Make sure the spinach, watercress and sorrel are well drained before adding the butter.

Pre-heat a heavy based frying pan and add 2 dessertspoons of oil and a knob of butter. Flour the skin side of the salmon fillets and place in the pan. Cook gently until golden brown and crisp. Place the fillets under a pre-heated grill after coating the tops liberally with Facing Heaven Jalapeno Sauce. This will just finish the cooking and should take the redness out of the salmon, turning it pink. (approx. 2 minutes according to grill temperature).

In a saucepan warm through 1 heaped tablespoon of crème fraiche on a low heat and add 1 tablespoon of Facing Heaven Jalapeno Sauce. Use to dress the salmon, reserving some to coat the tagliatelle or new potatoes once they are cooked. To serve, place a salmon fillet on top of the puree. Once the tagliatelle has been cooked al dente in salted water, toss in the remaining Jalapeno crème fraiche sauce and present with a sprig of watercress to dress.

If you are using new potatoes, make sure they are fractionally under-cooked, cut into 10 mm slices and place in the Jalapeno crème fraiche sauce whilst warm (to absorb the flavours of the sauce) and finish cooking by placing in a low-heated oven until ready to assemble the dish.

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