

Crispy Salmon with Green Bean Mimosa



Serves 4 **Prep 30 mins**

Cooking 25 mins

Easy

Ingredients

4 medium eggs

500g fine French beans, stalk ends trimmed

25g salted butter

1/2 teaspoon finely grated lemon zest, + a generous squeeze of juice

4 tablespoons coarsely chopped parsley

sea salt

black pepper

4 x 150g skinned salmon fillets

1. Thirty minutes before eating, bring a small pan of water to the boil, add the eggs and cook for 10 minutes, then drain, refill the pan with cold water and leave to cool. Separate out the whites and yolks, discard two of the whites and finely chop the remaining two and also the yolks, then combine them.
2. The beans & salmon can be cooked \pm 10 mins before eating. Bring a large pan of salted water to the boil, add the beans & cook for 6 minutes until just tender. Drain into a colander and leave to steam-dry for a few mins. Gently melt the butter in the pan, then return the beans, scatter over the lemon zest, add a squeeze of juice and gently toss, and mix in half the parsley.
3. To cook the salmon, heat a large non-stick frying pan over a medium heat, season and fry the top side for about 5 minutes until golden and crispy and you can see that it has cooked through by a third to half, then turn and cook the other side for about 3 minutes – exact timings will depend on the thickness of the fillet, it should have just lost its translucency in the centre.
4. Serve the salmon on top of the beans, scatter over the egg mimosa and remaining parsley.
5. The salmon should give out enough oil during the first few mins of frying to crisp the flesh, but you might find you need to add a drop of oil to the pan.