

Crispy Soy Salmon with Quick Pickles



Serves 2

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

120g jasmine rice
2 x 200g salmon fillets
2 tsp vegetable oil
25g butter
3 tbsp mirin
2 tbsp soy sauce
1/2 tbsp caster sugar

Quick pickles

75g rice vinegar
25g caster sugar
1/4 cucumber, halved & thinly sliced
a handful of radishes, thinly sliced

1. To make the quick pickles, put the vinegar, sugar, 50ml water and a pinch of salt into a small pan and heat gently until the sugar is dissolved. Put the cucumber slices and radishes into a bowl, pour over the hot pickling liquid and leave until completely cool, turning every now and again.
2. Put the rice into a small pan with 240ml of water and a pinch of salt. Bring to the boil, put on a lid and simmer gently for 10 mins, then leave to steam for a further 10 mins, or until ready to serve, then fluff up with a fork.
3. Heat a non-stick frying pan over a high heat and pat the salmon fillets dry with kitchen paper. Drizzle the fillets all over with the oil, then season with salt.
4. Put the salmon into the pan, skin-side down, and carefully press so the skin remains flat and in contact with the pan. Cook for 5 mins, without moving the fillets. Flip (the fillets should have released themselves from the pan), add the butter and cook for 2 min, basting with the butter, then move onto a plate, skin-side up, to rest. The fish should feel firm but have a little give when pressed.
5. Add the mirin, soy and sugar. Bubble for a few minutes until reduced and a little syrupy.
6. Spoon the rice onto 2 plates, with a pile of drained pickles, the crispy salmon fillet, skin-side up, and a drizzle of the sauce.