

Fried Salmon with Cauliflower Purée



Serves 4

**Prep 15 mins
+30 mins chilling**

Cooking 20 mins

Easy

Ingredients

4 salmon fillets, skin off (500g)
salt & pepper
Oil for frying

Cauliflower purée

900g cauliflower (1 - 2 heads)
1 onion
approx 6 tbsp crème fraîche
100g semi-hard cheese, grated
(we used Emmenthal)

Pickled cucumber

1/2 cucumber, approx 125g
3 tbsp white wine vinegar
100ml warm water
1 tbsp sugar
1 ml salt
1 tbsp parsley

1. Cauliflower purée: cut the onion and cauliflower into small pieces. Boil them in salted water for about 5 mins until soft. Drain well. Blend the cauliflower and onion with the crème fraîche and grated cheese into a smooth puree. Season with salt and pepper.
2. Salt & pepper the salmon on both sides. Fry over a medium heat in a little oil for about 6 - 7 mins on one side and 1- 2 mins on the other. The salmon is ready when the core temperature is 48C - 56C.
3. For the pickled cucumber: slice the cucumber thinly. Mix the vinegar, water, sugar and salt until the sugar and salt dissolve. Add the cucumber. Leave to stand in a cool place until serving. Drain before serving. Garnish with a little parsley.
4. Serve the salmon fillets with the cauliflower purée and cucumber salad. Garnish with chopped parsley and freshly ground black pepper.
5. **Note:** drain the cauliflower thoroughly before blending it, otherwise the purée can easily be too runny.