

Seared Salmon with Pea Puree



Serves 2 Prep 5 mins

Cooking 15 mins

Easy

Ingredients

1 tbsp salted butter
1 long shallot, finely chopped
500g frozen peas
100ml vegetable stock
1/2 lemon, juiced,+ wedges to serve
2 skin-on salmon fillets
a drizzle olive oil
a pinch sumac and/or chilli flakes(optional)
50g feta, crumbled
micro herbs, pea shoots, watercress or rocket a small handful, to serve

1. Melt the butter in a small pan and fry the shallot for a few minutes until softened. Add the peas and stock, and simmer for 5-10 minutes or until the peas are bright green and tender, and most of the liquid has evaporated. Use a stick blender or liquidiser to whizz to a smooth puree. Season well and add the lemon juice to taste. Add a splash of water if you prefer a looser puree.
2. Season the salmon on both sides then rub all over with oil. Heat a non-stick frying pan over a high heat and sear, skin-side down, for 3-4 minutes or until crisp-skinned. Flip and cook for 2-3 minutes or until cooked to your liking.
3. Spoon the puree into two shallow bowls and top with the salmon, skin-side up. Scatter with a crumbling of feta, and sumac or chilli flakes (if using). Top with the salad and a drizzle more of olive oil.