

Char grilled Salmon

Ingredients

Four 150g/5oz salmon fillet pieces
3 table grated lemon zest
2 tab lemon juice
4 tab olive oil
2 cloves garlic, crushed
2 red Serrano chillies, de-seeded and sliced
675g fresh spinach
4 shallots cut into thin wedges
2 tablespoons toasted pine kernels
salt & pepper

Directions

Wipe the salmon and place into a shallow dish.

Mix together the seasoning, lemon zest, lemon juice, oil garlic and chillies and pour over the fish.

Cover lightly and leave in the refrigerator for at least 30 minutes, spooning the marinade occasionally over the fish.

Meanwhile thoroughly wash the spinach, discarding any tough stems. Drain well.

Pre-heat your grill on a medium heat for 5 minutes.

Lightly brush a hot cooking oil grape seed (high heat oil)

Drain the salmon, reserving the marinade, and cook on both sides for 3 to 4 minutes or until done.

Add 2 tablespoons of marinade halfway through the cooking time

In a wok or heavy based pan add 2 tablespoons of the reserved marinade.

Stir-fry the shallots for 1 minute then add the spinach and continue to stir-fry for 2 minutes then sprinkle in the pine kernels.

Heat for 30 seconds.

Arrange on plates top with the salmon.

Garnish with extra lemon zest and chilli strips.

Serve with sautéed potatoes.