

Seared Spiced Salmon served on a Sweet Pepper Salsa

Sweet Pepper Salsa

Method

Ingredients

½ Red Pepper
½ Yellow Pepper
½ Green Pepper
½ Red Onion
1 Spring Onion
Juice of ½ Lime
30mls Sweet Chilli Sauce
1 sprig Coriander chopped.

Method

1. Neatly dice all the peppers and chop the red onion along with Spring Onions.
2. Whisk together the Sweet Chilli Sauce, Lime Juice followed by the chopped Coriander to form a dressing
3. Mix the dressing through the vegetables and allow to infuse for 30 minutes.

Salmon – Heat a non stick pan till hot and add a little vegetable oil. Season the salmon with a little salt and Cajun spice sear on one side for 20 seconds turn and further cook for further 20 seconds and place on absorbent paper

To serve – Spoon the salsa into porcelain spoon and top with the salmon, Serve immediately