

Salmon Niçoise

Seared salmon fillet with a poached egg, French beans, roasted peppers, sun-blushed tomatoes, olives and new potatoes – summer on a plate.



Prep time: 10 minutes
Cooking time: 15 minutes
Serves: 4

Ingredients

160g Green beans
4 salmon fillets
10g sun dried tomatoes
4 red peppers
120g black olives
80g house dressing
4 eggs
240g lettuce
40g watercress
240g potatoes
Salt for seasoning

House Dressing Ingredients

15ml Dijon mustard
15g Wholegrain mustard

100ml White wine vinegar
50ml Extra virgin olive oil
250ml Vegetable oil
3g Peeled garlic
10g Flat leaf parsley
20ml White cooking wine
Salt and pepper to season

Mise en Place

1. Soft poach the eggs.
2. Top the green beans and blanch in seasoned boiling water.
3. Cut the artichoke into quarters and olives into half.
4. Cut peppers into 10gr pieces and roast in the oven until soft.
5. Boil potatoes in salted water (10g salt per kg) until soft, then cut into 1.5/2cm pieces.

Method

1. Place the salmon into a hot pan side down and cook.
2. Meanwhile place the remaining ingredients (excluding the poached egg) into a mixing bowl.
3. Season with salt and freshly milled pepper. Toss gently in the house dressing.
4. Place the soft poached egg into boiling water to warm through.
5. Start building the salad into a bowl.