

Salmon Niçoise

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

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

Ingredients

160g Green beans
4 Salmon fillets
120g Sun-dried tomatoes
2 Red peppers
120g Black olives pitted
100g House dressing*
4 Eggs
240g Gem lettuce
40g Watercress
240g New potatoes
60ml Rapeseed oil
Salt for seasoning

Mise en Place

1. Soft poach the eggs.
2. Top the green beans and blanch in seasoned boiling water.
3. Cut the olives into half.
4. Cut peppers into 30g pieces, toss in oil and salt, roast in the oven until soft.
5. Boil potatoes in salted water until soft, then cut into quarters.
6. Wash the gem lettuce and cut the leaves in half lengthways.

Method

1. Lightly oil and season the salmon with salt.
2. Place the salmon into a hot pan side down and cook until the skin is crispy.
3. Once crispy turn the salmon over, remove from the heat and allow it to cook though in the residual heat from the pan. This will give you the perfect medium cooked salmon.
4. Place the gem lettuce, olives, sun-dried tomatoes, green beans, roasted peppers, new potatoes and house dressing into a mixing bowl.



5. Season with salt and freshly milled pepper and toss gently.
6. Build the salad into a bowl, gaining height where possible.
7. Place the soft poached egg into boiling water to warm through.
8. Place the salmon on top of the salad.
9. Remove the egg from the boiling water, drain off any excess water and arrange neatly on top of the salmon.
10. Finish with a drizzle of olive oil and freshly milled black pepper.

*House dressing

Ingredients

30g Dijon mustard
1/2 Lemon
50ml White wine vinegar
50ml Extra virgin olive oil
300ml Vegetable oil
1 Garlic clove
Salt and pepper to season

Method

1. Purée the garlic clove and mix in a bowl with the mustard.
2. Whisk in the juice from half a lemon and the white wine vinegar.
3. Slowly whisk in the oil a tablespoon at a time until it's all been incorporated.
4. Season to taste with salt and pepper.

Chef's Tip

This is a traditional dish originates from Nice on the Cote d'Azur and is described as 'a simple dish for poor people'. Made from ingredients that most people had easy access to. If you can't get hold of fresh salmon you can use tinned tuna instead.