

'Chargrilled' salmon with cool watercress sauce : fish made simple : main course / Tesco.

Contributors

Tesco (Firm)

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RECIPE
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from
TESCO

'CHARGRILLED'
SALMON
WITH COOL
WATERCRESS
SAUCE



FISH
made
simple

MAIN COURSE

TESCO

'CHARGRILLED' SALMON WITH COOL WATERCRESS SAUCE

SERVES 4

INGREDIENTS

4 Salmon Steaks
Salt and Freshly Ground Black Pepper
1 x 250g carton Fromage Frais
1 x 75g pack Watercress, washed
Lemon or Lime slices, to garnish

This quick and easy way of cooking salmon can also be used for other firm fish, such as fresh tuna or halibut steaks. The seasoned, slightly crisp coating it produces contrasts well with the cool and creamy sauce. A fabulous summer dish, ready in about ten minutes.

METHOD

- 1 Heat a heavy-based non-stick frying pan until it is **VERY** hot – this is important, as it 'seals' the fish, keeping it moist inside. Wash the salmon and pat dry with kitchen paper. Season well with a little salt and plenty of pepper, pressing lightly onto both sides of the fish.
- 2 Add the salmon to the hot frying pan and cook for 3 minutes. Carefully turn the steaks over, reduce the heat and cook for a further 5–6 minutes.
- 3 While the salmon is cooking, make the sauce – set aside about one quarter of the watercress for garnish, remove the coarse stalks from the remainder and chop the leaves finely, using a food processor if liked. Stir into the fromage frais. Keep chilled.
- 4 Serve the salmon accompanied by a large spoonful of the sauce and garnished with the reserved watercress leaves and lime or lemon slices. Good accompaniments for this are buttered Baby New Potatoes and lightly-cooked Mange Tout or Sugar Snap Peas.

All lines subject to availability at Tesco

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