

Pan-fried salmon with shaken peas

Ingredients

- 4 portions of salmon fillet
- olive oil
- salt and freshly ground black pepper

For the shaken peas

- 25g/1oz butter
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 350g/12oz peas
- 1 tbsp horseradish cream
- dash of white wine
- 100ml/3½fl oz double cream
- pinch of caster sugar
- ½ lettuce, finely shredded
- fresh mint, chopped
- salt and freshly ground black pepper

To serve

- new potatoes

Preparation method

1. First prepare the shaken peas. Melt the butter over a low heat, add the onion and garlic and soften without allowing them to colour.
2. Add the peas, horseradish and wine and simmer. Add the cream.
3. Add the lettuce and sugar. Stir and season.
4. Simmer for a few minutes before adding chopped mint.
5. Brush the salmon pieces with olive oil. Heat a frying pan until hot and pan-fry salmon until cooked.
6. Place portion of peas in centre of plate and top with salmon. Serve with boiled, buttered, new potatoes.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 4

By James Martin

From Saturday Kitchen