



Culinary ADVENTURES

with Chef Sarah Visheau



Ingredients

- Serves 4
- 4 salmon fillets
- 1 tbsp each chopped parsley, dill, chives and cilantro
- 1 tbsp extra virgin olive oil
- 1/2 lemon, juiced
- 1 tsp Dijon mustard
- Sea salt and fresh ground pepper

Method

Preheat the oven to 400 degrees. Combine the chopped herbs, olive oil, lemon juice and Dijon mustard in a medium bowl. Lightly sprinkle each piece of fish with a little salt and pepper on all sides. Place the salmon into the bowl and coat with the herb mixture. Arrange the fish pieces on to a greased tray or casserole dish and drizzle the remaining herb mixture on top. Place in the oven and bake for 12 to 18 minutes (depending on the thickness of the fish) until it is firm to the touch, opaque in colour and flakes easily when tested with a fork. Serve either hot, cold or at room temperature.

Roasted Salmon with Herbs

Bright greens and vibrant flavours awaken the senses with our next course.

Four unique herbs, along with complementary lemon, Dijon and olive oil blanket this salmon and is sure excite your palate. The perfect seasonal sides to serve with this herb-roasted salmon are locally grown asparagus and new potatoes. Yum!

Also, leftover salmon can easily be made into a delicious sandwich by combining it a little mayonnaise, chopped spring onions and celery.



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