

Peppered Salmon, Asparagus, Prawn Tabbouleh, Lovage Salsa Verde

(4 portions) £3.48 per portion



- 1 peppered salmon bar
- 1 portion asparagus prawn tabbouleh
- 5 asparagus tips
- 10 lovage leaves, picked, washed, drained on absorbent paper
- 20ml lovage salsa verde

Peppered Salmon

(4 portions)

- 400g salmon fillet cut into 4 x 100g bars
- 10g cracked black pepper
- 10ml rapeseed oil

Roll the salmon bars in the cracked black pepper and gently press. In a non-stick pan add the rapeseed oil, when hot, sear the salmon bars on all sides for 30 seconds, take out the pan and rest in a warm place.

Lovage Salsa Verde

(4 portions)

- 50g (½ bunch) lovage, picked, finely chopped
- 7g (1) clove garlic, peeled, finely chopped
- 20g capers, drained
- 20ml rapeseed oil
- Malden Sea salt
- Freshly ground black pepper

Mix all the ingredients together and check seasoning.

Asparagus, Prawn Tabbouleh

(4 portions)

150g cous cous, cooked

225g cooked king prawns (If using frozen, defrost and dry on absorbent paper)

175g (1) medium red onion, peeled, finely diced

½ cucumber, skin lightly peeled, cut into quarters lengthways, seeds cut out, then diced into 1cm cubes

100g (1bch) spring onions, angle cut into 1cm lozenges

250g asparagus (1bch) cooked through, refreshed and drained, tips saved for garnish and rest angle cut into 1cm lozenges

30-40g capers, drained

20ml rapeseed oil

10ml lemon juice

50g (½ bch) lovage, picked, finely chopped

Malden Sea salt

Freshly ground black pepper

Mix all the ingredients with the cous cous, check seasoning and add a little more lemon juice and rapeseed oil taste.

To Serve

Place the asparagus prawn tabbouleh into the centre of a large plate, Tear the salmon bar into 3-4 pieces and sit on top of the tabbouleh. Add the asparagus tips in between the salmon pieces and around the plate. Drizzle a little of the lovage salsa verde over and around the salmon and the plate. Finish by garnishing with the picked lovage leaves.