Grilled Salmon

200g Salmon, seared on rapeseed oil and served with a side.



Large pan with small sauce bowl. Contains Fish

INGREDIENTS

- 200g Salmon
- 20ml Rapeseed oil
- 1 x side order of choice

METHOD

1. Defrost the salmon in the fridge or cold room overnight.
2. Sear the salmon on one side for a maximum of 1 minute.
3. Turn and grill the other side for a maximum of 1 minute.
4. Plate the guest's side of choice in a large pan.
5. Place the salmon onto the pan.
6. Garnish with green garnish and a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

Flat top Grill
Spatula

TIPS

- Best served seared (rare) or medium rare.
- The grill should be at 220°C to ensure a quick sear.

TAKEAWAY

Fish & Chips Box & 1x Sauce container

WATCH THE METHOD

How to fillet a salmon https://www.youtube.com/watch?v=swG_SQJ_YgA