

“Quick and Easy” Mid Week Pan Fried Salmon and Creamy Spelt

Pan Fried Salmon, Courgette Ribbons, Roasted Red Pepper Pesto and Creamy Spelt



This easy mid week meal was on the table in next to no time. The most time consuming part of this dish was cooking the salmon. I've cooked the salmon more than I would normally in this picture because I was cooking for my mother and I – if it was just for me I would have had it more pink.

This recipe serves two people

Ingredients:

- 2 x Salmon Fillets (skinned and boned) 1 per person (as previously mentioned in previously posts you can use other more sustainable white fish).
- 1 Packet (two sachets) of Creamy Vegetable Spelt
- 1 Courgette shaved into strips
- 2 Tbs Sacla Roasted Pepper Pesto (1 per person)
- Glug of Vegetable Oil
- Small knob of butter
- 425 MI Cold Water
- Sally Salt and Percy Pepper

Also Required:

- 1 Frying Pan and 1 Medium Sauce Pan
- 1 Pair of Tongs
- 1 Fish Slice
- 1 Wooden Spoon
- 1 Vegetable Peeler

“Quick and Easy” Mid Week Pan Fried Salmon and Creamy Spelt

Method:

- 1 Empty the contents of both the Creamy Spelt sachets into the sauce pan, add the cold water and bring to the boil. Cover and simmer gently for 20 – 25 minutes or until the grains are tender. Carefully remove the lid and stir occasionally throughout the process.
- 2 Shave your courgette into long ribbons, for this I used a vegetable peeler to make the ribbons. Set these aside for the time being.
- 3 Place your fish on the board and smear oil over both fillets, then grind pepper and salt over them and make sure both fillets are coated with the oil and seasoning. It is important to do this on the board and not oiling the pan as it will smoke (see below)



- 4 Heat a frying pan on the hob, once hot add the fish and allow to cook skin side down. Watch as the flesh of the fish turns colour, when it is about half way up turn the fish over and lower the heat. I'm not going to give you cooking times here because it varies depending on your hob and also your preference for fish.



© Wheelie Good Meals 2014

For more information on this recipe or Wheelie Good Meals visit us online at wheeliegoodmeals.wordpress.com

“Quick and Easy” Mid Week Pan Fried Salmon and Creamy Spelt

- 5 Remove the Spelt from the heat and leave to stand covered for 5 minutes. Just before serving I added a generous knob of butter to make it a bit more unctuous – this is optional.
- 6 I used a chef’s mould to present the spelt in the middle of the plate, sometimes it’s good to have a focus point in the middle of the plate (plus I wanted to try my new moulds)



- 7 I then decorated the outside edges with the pesto and the Courgette Ribbons. I then placed the fish on top of the spelt – it’s not my best presentation but if you’re not entertaining it doesn’t matter.

