

Pan seared Salmon + Lemongrass and coriander salsa verde

Recipe by Taya Meeikeaw

Ingredients

1 tablespoon	neutral oil
200 grams	salmon fillet, skin on
a few pinches	sea salt flakes
2	long green chillies, sliced
2 tablespoons	lemongrass, using the lower part of the stems, thinly sliced
1 tablespoon	fresh garlic, peeled, chopped
1 cup	coriander leaves and stems, sliced
2 tablespoons	lime or lemon juice, freshly squeezed
1 tsp	vegetable bouillon stock powder

Garnishes

as much as you like	thinly sliced fried garlic
as much as you like	thinly sliced fried lemongrass

Method for frying

1. Score the salmon on the skin side and lightly seasoned with sea salt flakes.
2. Heating up the oil in a deep pan over medium heat and allow the pan to become hot.
3. Gently place the salmon, skin side down and cook for 3 - 4 minutes or until the desired doneness.
4. Flip on the reverse side and cook very lightly for 30 seconds - 1 minute. Set aside till use.
5. Use a small food processor adding long green chillies, lemongrass, garlic, coriander, lime juice, a pinch salt and vegetable bouillon stock powder.
6. Plate up your salmon and topped with the salsa verde and garnishes. Served with steamed vegetables or Thai style with steamed jasmine rice.

Serves: 1

Preparation & Cooking Time: 15 minutes

