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Rocket and Spiced Salmon Salad with Honey, Lime and Chilli Dressing

Ingredients

1.5 oz. runny honey
1 lime, juiced
1tsp chilli sauce
0.5 fl oz. sesame oil
0.5 fl oz. fish sauce
1 fl oz. water
1lb. skinned salmon fillet
4 tsp. freeze dried green peppercorns
1 1/2 tsp. coriander seeds
olive oil
2 oz. rocket leaves
4 sun dried tomatoes cut into strips

Preparation

- 1 Make the dressing by combining the honey, lime juice, chili sauce, sesame oil, fish sauce and water in a pan and stir over a low heat until smoothly mixed
- 2 Leave to cool
- 3 Make the salad by cutting the salmon into 4-6 portions
- 4 Crush the peppercorns and coriander seeds in a mortar then spread on a plate. Brush the salmon with the olive oil and coat it in the peppercorns and the coriander
- 5 Heat 1 tblsp of oil in a frying pan and cook the salmon for 1-2 minutes on each side. As the fish cooks, toss the rocket with the dressing and arrange on plates
- 6 Lay the salmon on leaves and scatter with the tomatoes. Drizzle with more dressing and serve

Cooks Note
