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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