

Seared Salmon with Asparagus and Ricotta Fritters

Servings: 2

Prep Time: 10min

Cook Time: 10min



Ingredients

FOR THE DRESSING

- 100g cucumber
- 50g fresh dill
- 100ml extra virgin olive oil
- 30ml white wine vinegar
- 10g castor sugar
- 2 x 100g salmon OR trout fillets
- 10 asparagus spears, trimmed

FOR THE FRITTERS

- 400g fresh ricotta
- 2 tbsp grated parmesan
- 2 tbsp flour
- 1 egg
- 1 tsp baking powder

Directions

1. Mix all of the ingredients for the fritters together and set aside in the fridge for 5 mins.
2. Preheat oven to 200°C.
3. Bring a small pot of salted water to a boil.
4. Meanwhile, roughly chop the cucumber and dill. Add half of the olive oil, then the vinegar and sugar and mix. Season with salt and pepper to taste.
5. In a non-stick pan, heat a little olive oil. Spoon a few tablespoons of the fritter batter in the pan at a time and gently fry fritters for a minute and a half on each side. Set aside on paper towel. Repeat until you have eight fritters.
6. Using the same pan as the fritters, quickly sear the salmon, skin side down, for one and a half minutes and place in an oven dish.
7. Turn on the oven grill and grill the salmon for 3 minutes max. Add the asparagus to rapid boiling water and blanch for 1 minute. Plate and serve.