



Pan Fried Irish Salmon with Orange, Asparagus & Baby Potatoes

This summery fresh salmon dish is a sure way to bring a little sunshine to your plate regardless of where the elusive Irish summer is hiding. This dish is designed to provide you with enough carbohydrate to fuel you to get out and make the most of the long summer evenings, yet perfectly balanced with high levels of Omega-3, protein, vitamin C & antioxidants.

Ingredients

- Salmon Fillet
- Shallot
- Baby Potatoes
- Orange
- Asparagus
- Fresh Tarragon

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 357 kcal
Carbohydrates: 36 g
Protein: 34 g
Fat: 4 g

Allergens

Fish (Salmon)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Put the potatoes on to cook**

Place the potatoes in a pot, cover with cold water and add salt, bring to a boil and simmer for 15 minutes or until the potatoes are cooked.

2) **Prepare the asparagus & shallot**

While the potatoes are cooking, cut 3 cm off the bottom of the asparagus and set aside. Finely chop the shallot.

3) **Segment the orange**

Peel the skin off the orange and segment it into pieces.

4) **Cook the salmon**

Heat a pan over a medium heat, add a little oil, season the salmon on both sides, cook skin side down for 4 minutes, turn the salmon over and cook for 1 minute until cooked through. Remove the salmon from the pan and allow to rest for 2 minutes.

5) **Add the rest of the ingredients**

In the same pan, fry the shallot and the asparagus. Turn up the heat and cook for 2 minutes tossing regularly. Add in the orange segments and freshly chopped tarragon.

6) **Plate the dish**

Serve with the salmon sitting on top of the vegetables. Season the potatoes with salt & pepper and serve on the side.



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