



Juicy salmon with grilled vegetables

Total time:
30 minutes

Meal:
Main course / dinner

Servings:
1

Ingredients:

1 fresh salmon fillet
carrot
zucchini
asparagus
radish

romanesco cauliflower
olive oil
lemon juice
salt as needed
black pepper to taste

Method:

1.

Pat the salmon dry with a paper towel and brush it with olive oil. Heat olive oil in a pan and place the salmon in it.

2.

Sear it for 2–3 minutes on each side so it stays tender and juicy inside. Do not turn the salmon several times and, after searing, let it rest for 1–2 minutes.

3.

During preparation, drizzle the salmon with lemon juice to add freshness and nicely complement the flavour of the fish.

4.

Wash the vegetables and cut them into smaller pieces. Gently mix the carrot, zucchini, asparagus and radish with olive oil, salt and black pepper.

5.

Prepare the vegetables in a hot pan. Sear them so they take on colour, while still staying juicy and pleasantly crisp.

6.

Serve the finished salmon with the grilled vegetables and enjoy immediately with Beurre blanc sauce.



How to make the perfect Beurre blanc sauce?

Ingredients:

40 g cold butter, cut into small cubes
30 ml dry white wine
15 ml white wine vinegar
1 tablespoon finely chopped shallot
a pinch of salt
a pinch of white or black pepper
a few drops of lemon juice

Method:

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| 1.
Add the wine, vinegar and shallot to a small saucepan. | 2.
Cook over medium heat until the liquid is reduced to about 1 tablespoon. |
| 3.
Reduce the heat to the minimum. The sauce must not boil vigorously. | 4.
Gradually add the cold butter cubes, stirring constantly. |
| 5.
Add the next cube of butter only once the previous one has melted. | 6.
When the sauce is smooth, glossy and lightly thickened, season it with salt and pepper and add a few drops of lemon juice if needed. |