



Everything
But The Chef

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Pan-Roasted Salmon with Caper Butter

Capers have been used in Italian seaside cooking for centuries! Capers were a favourite amongst fishermen in the area, as they were easily preserved in salt. Unlike the fisherman of the Amalfi coast, you didn't have to catch your dinner tonight, but we're sure it will be just as delicious!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



seafood
first



pantry
items



Potatoes



Green Beans



Salmon




Lemon




Dill



Capers

| 2P | 4P | Ingredients |
|-----------|-----------|---|
| 450 g | 900 g | potatoes, halved |
| 100 g | 200 g | green beans, trimmed |
| 2 fillets | 4 fillets | salmon with skin on |
| 50 g | 100 g | butter * |
| 1/2 | 1 | lemon, juiced  |
| 1 tbs | 2 tbs | dill, finely chopped |
| 20 g | 40 g | capers, drained & rinsed |

 May feature in another recipe

* Good to have at home

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 2890 | Kj |
| Protein | 49.2 | g |
| Fat, total | 39.5 | g |
| -saturated | 18.4 | g |
| Carbohydrate | 31.4 | g |
| -sugars | 3.2 | g |
| Sodium | 158 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Bring a large pot of salted water to the boil. Add the **potatoes** and cook for about **15 minutes** or until soft when pierced with a knife. In the same pot, add the **green beans** and blanch them for **2-3 minutes** or until bright green and crunchy. Drain the vegetables and refresh under cold water.



3 Meanwhile, season both sides of the **salmon fillets** with a pinch of **salt** and **pepper**. Heat a little olive oil in an ovenproof pan over a high heat. Place the salmon in the pan skin side down and cook for about **3-4 minutes**. Turn the salmon over and place the pan in the oven for a further **5 minutes**.

4 When the salmon is almost cooked, remove it from the oven and stir in the **butter**. Place the pan over a low heat. Once the butter has melted add in the **lemon juice** and spoon the pan juices over the salmon before removing it from the pan. Take the pan off the heat, add the **dill** and the **capers** and season with a bit of pepper.



5 Divide the potatoes and beans between plates and serve your pan-roasted salmon on the side with the butter sauce.



Did you know? The smaller the caper, the more expensive it will be! This is due to the intensive labour required to collect the delicious immature flower buds.