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Pan-Roasted Salmon with Caper Butter

Capers have been used in Italian seaside cooking for centuries! Capers were a favourite amoungst 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















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	mo

Measuretool

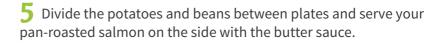
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- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Bring a large pot of salted water to the boil. Add the **potatoes** and cook for about **15 minutes** or until soft when pierced with a knife. In the same pot, add the **green beans** and blanch them 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.







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.