

Semi-cooked salmon with fennel seeds, Sicilian salsa with capers and pistachios |

Recipe for 12 tapas

Description

Une recette qui ravira vos papilles.

Note

This salsa is also excellent with grilled vegetables or lamb.

Ingredients

Salmon

- 400 Gr Salmon filet
- 1 Tsp Fennel seeds

Sicilian salsa

- 2 Tbsp Capers
- 1 Unit(s) Lemon
- 125 Ml Olive oil
- 2 Clove(s) Garlic
- 1 Unit(s) Red hot chili
- 2 Unit(s) Anchovy
- 30 Gr Pistachios
- 2 Stem Mint
- 250 Gr Cherry tomatoes
- 2 Handful(s) Arugula salad
- 1 Tbsp Dijon mustard

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**
- Resting time **15 mins**

Salsa sicilienne

Zest (using a fine grater) and squeeze the lemon into a bowl.

Add olive oil and mustard.

Peel the garlic clove and chop finely with the capers, anchovies and chilli pepper (or just some of it, if you want something less spicy). Cut the cherry tomatoes into 4 and add to the bowl.

Shell the pistachios if necessary and chop coarsely. Chop the mint leaves and add to the bowl.

Mix and adjust the seasoning, but you shouldn't need to add any salt as the capers and anchovies are already quite salty.

Salmon

Cut the salmon into 12 small cubes and season with fennel seed, ground in a mortar. Heat the oil in a non-stick frying pan, then place the seasoned salmon cubes one by one. Sear them until they are golden brown on one side, then place them on a baking sheet and cook for a further 3 minutes in the

oven.

On the plate

Place a few arugula leaves at the bottom of your plates. Add the salmon steak and garnish with the salsa.

Bon appétit!