

Wild Salmon

with Runner Beans & Roasted Tomatoes

Serves 4

Ingredients:

4 wild salmon steaks
360g runner beans
2g fresh basil
60ml lemon juice
40ml olive oil
10g wholegrain mustard
80g cherry tomatoes
40g plain flour
20ml rapeseed oil
cracked black pepper

Method:

1. Clean and shred the runner beans and then cook in boiling water until just tender.
2. Mix the lemon juice, olive oil and pepper with the mustard to form a dressing.
3. Trim the salmon and dust lightly with flour and place on an oiled baking tray. Brush with rapeseed oil and season. Grill for 7-8 minutes until golden and cooked through.
4. Cut the tomatoes in half and roast in the oven until just softened.
5. Mix the beans with chopped basil, roasted tomatoes and dressing.
6. To serve, pile the runner beans and tomatoes in the centre of a serving dish and top with the grilled salmon.