

Recipe

PAN-FRIED SALMON WITH CREAMY CAPER PASTA



Ingredients:

- Salmon Fillets - Skin On
- Angel Hair Pasta
- 2 TBS Olive Oil
- Butter
- Medium Red Onion - Chopped
- 1/4 cup drained Capers or Caper berries
- 2 Garlic Cloves - Crushed
- 1/2 Cup Dry White Wine
- 250ml Fresh Cream
- 2 TBS Fresh Dill
- Parmesan or Hard Cheese
- Salt and Pepper for seasoning
- Lemon Wedges

Method:

1. Firstly cook the pasta in a pot of boiling water, with salt and a dash of olive oil. Once cooked, drain, cover and set aside.
2. Heat 1 tablespoon olive oil in a large heavy-based pan, add the chopped onion and saute until golden. Then add the garlic and capers, if you use caper berries remember to chop them roughly before adding, and cook for a minute.
3. Next add the wine and cook for a few minutes, allowing the alcohol to cook-off. Reduce the heat and add the cream and allow to simmer until it thickens, stirring occasionally.
4. Season the salmon fillets with salt, pepper and a squeeze of lemon juice. Heat a small to a medium heavy-based pan and add a dash of olive. Place the salmon in the pan skin-side up and cook for 3 to 4 minutes until golden. Turn the fish carefully, add a knob of butter and cook for a further 3 to 4 minutes or until cooked to your liking.

To Serve:

Gently stir the cooked pasta into the creamy sauce and add the dill. Dish into individual serving bowls and place the pan-fried salmon fillet on top of the pasta. Add lemon wedges, caper berries and fresh dill for garnish. Serve with a sprinkling of grated parmesan. Enjoy with a glass or two of slightly chilled Pinot Noir.