



Atlantic salmon with rosemary, pepper and garlic

This is a quick way to add zing to salmon or any fish fillet. Fresh rosemary leaves work best but you can use dried rosemary or mixed Italian herbs too. Just add them with the lemon juice and wine.

Serves: 4
Prep time: 10 mins
Cook time: 10-15 mins

Ingredients

4 Atlantic salmon cutlets (about 800 grams)
1 tablespoon olive oil
1-2 cloves garlic, crushed
freshly ground black pepper
1 tablespoon fresh chopped rosemary
1 tablespoon lemon juice
2 tablespoons dry white wine

To serve:

4 large or 8 small chat potatoes
large tossed leaf salad



Directions

1. Pat cutlets dry on kitchen paper.
2. Pour or brush oil over the base of a frypan and cook garlic and pepper for 1 minute.
3. Add fish and brown 1 minute on both sides or until golden on both surfaces.
4. Add rosemary leaves, lemon juice and wine, reduce heat, cover and steam for about 5 minutes or until fish flakes easily when tested with a fork. The liquid should almost evaporate.
5. Serve with boiled potatoes and the salad or a steamed green vegetable such as broccolini or broccoli. Serve with extra lemon wedges.

Atlantic salmon is a RICH source of omega-3s in the long-chain (or desirable) form.