

SEARED SALMON WITH BUTTERED SPINACH

SERVES 2

INGREDIENTS

400–500g skin-on salmon fillet, scaled and pin-boned

Olive oil

Butter

150g baby spinach, washed



- Preheat your oven to 220°C/425°F. Preheat a non-stick pan until smoking-hot.
- Divide the salmon fillet into 2 portions. Season each section and drizzle with olive oil. Place the fillets, skin side down, in the pan. Let them cook for 2–3 minutes without moving – this gives the skin time to crisp.
- Remove the salmon fillets and place them, skin side up, onto an oiled and seasoned baking tray. Bake in the oven for 4–5 minutes. Salmon can be served slightly rare if you prefer; the meat turns light-pink when thoroughly cooked.
- While the fish is cooking, melt a knob of butter in the frying pan you used for the salmon then add the spinach, and season with sea salt and freshly ground black pepper. Sauté until wilted.
- Divide the spinach between 2 plates and arrange the salmon fillets on top. Serve immediately with new potatoes.