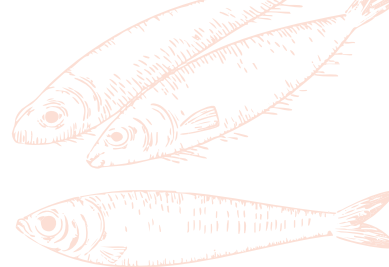


# SEARED SALMON WITH TARTARE SAUCE

Serves 4



## INGREDIENTS:

- ☐ Olive oil
- ☐ 4 x 150g Norwegian Salmon portions
- ☐ Salt and pepper to taste

### Tartare sauce

- ☐ ½ cup Mayonnaise
- ☐ 3 tbsp Dill pickles, chopped finely
- ☐ 1 tbsp Lemon juice
- ☐ 1 tsp Dried dill
- ☐ ½ tsp Worcestershire sauce
- ☐ Salt and fresh ground black pepper
- ☐ ½ tsp Dijon mustard, optional
- ☐ ½ tbsp capers, chopped (optional)

## METHOD:

01. Rub the salmon fillets with olive oil on both sides and season with salt and pepper.
02. Heat a large non-stick heavy based frying pan – it should sizzle when you drop a little water onto the pan. Place the salmon skin side down in the pan and sear the skin side for 2-3 minutes until a golden-brown crust begins to form on the skin. Turn the salmon over and cook until it is done to your liking. Rest in a warm place while you assemble the sauce.
03. **Sause**  
To make sauce, mix all ingredients together well.
04. **Serving suggestion**  
Serve the seared salmon with the tartare sauce, mashed potatoes and steamed broccoli or asparagus.