

# Smoked salmon, green salad with pea purée & almonds



## Method

1. The first thing you need to do is to make the pea puree. This will form a great flavour base to the dish and help hold the whole thing together. Blanch the peas in a pan of boiling salted water.
2. This should only take a few minutes, as soon as the water comes back to the boil remove the peas and blend in the food processor with the 50g of butter. Reserve some for through the salad. Taste and season.
3. The next thing you need to do is to blanch and refresh the green beans and snap peas. Blanching and refreshing is vital as it ensured the vibrant green colour of the vegetables comes out and stays lovely and green.
4. To do this you need to bring a pan of salted water to the boil, put in a teaspoon of salt, I know that sounds loads but the salt really helps to bring out the colour of the vegetables. Once it's boiling add the beans and you will instantly see the colour change. As soon as you see the change remove the vegetables and put straight into ice water, this will "shock" the vegetables and help retain the colour.
5. With the lemon, oil and chives make your lemon dressing, zest the lemon, I would then put the lemon into the microwave for 10 seconds, this helps extract all the juice, add the zest to the juice and slowly add the oil. Taste and adjust the seasoning finish with the chopped chives.
6. You are now ready to assemble the dish, using a little of the dressing dress the blanched beans,
7. Spread a spoonful of pea puree onto the bottom of the plate, then start building the dish place some of the smoked trout onto the plate with the beans, dill and almonds do the same again building up as you go. This method of adding a little bit of all ingredients in layers guarantees that every fork full is full of flavour and texture.

Code	Qty	Units	Description
F102076	225	g	Hot Smoked Scottish Salmon
F4745	100	g	French beans
C114225	100	g	Snap peas
F114577	300	g	Frozen peas
C103557	1	pkt	Mixed leaves
C74826	50	g	Butter (unsalted)
A5874	50	g	Flaked almonds (toasted)
C114218	1	ea	Lemon (zest and juice)
118090	100	ml	Supernature Oils Cold pressed rape seed oil
C113875	1/4	pkt	Dill
C113880	1/4	pkt	Chives (chopped)



Here's to good

health