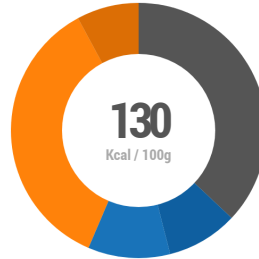


# Scottish salmon with asparagus & rainbow grain salad

Pan fried salmon fillet with asparagus spears, sweet drop peppers, served with a rainbow grain salad

OVERVIEW ...



CALORIES:

19.4% Carbs

37% Protein

43.6% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

35018 Portico Classic Salmon Fillet Suprêmes.. - BRAKES

35018 SALMON

**BRAKES** **155g**

**1 x Each**

*unchanged*

136344 Scratch Meals Rainbow Salad..

RAINBOW SALAD

**BRAKES** **75g**



88386 Brakes Glaze with Balsamic Vinegar of Modena..

BALSAMIC VINEGAR GLAZE

**BRAKES** **3ml**

N/A

74818 Pea Shoots..

PEA SHOOTS

**BRAKES** **5g**

*unchanged*

116370 Asparagus..

ASPARAGUS

**BRAKES** **30g**



120190 Sweet Red-Drop Peppers.. - BRAKES

SWEET RED-DROP PEPPERS

**BRAKES** **20g**

*unchanged*

PRODUCTS / PACK SIZES ...

## 1 Serving



🕒 288g / 379kcal

# 1.0

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Defrost salmon fillet  
Trim asparagus stalk

##### Method:

1. Bring a pan of water to the boil, add the asparagus and cook for approx. 2 mins, remove and place in iced water.
2. Place a shallow pan on a moderately high heat, add the a little oil.
3. Place the salmon fillet skin side down in the hot oil & cook for approx. 2 mins.
4. Turn over and cook for another 3 mins - remove.
5. Put the rainbow salad into a bowl along with the asparagus & heat in a microwave on high power for approx. 1.5 mins.
6. Add the rainbow salad to the centre of your chosen dish, place the salmon fillet on top.
7. Now add the asparagus & sweet peppers, drizzle the balsamic glaze & finish with the pea shoots.
8. Serve as shown.