



SALMON STEAK ON LEEKS WITH TOMATOES

PREPARATION AND COOKING TIME: 25 MIN

INGREDIENTS

- 2 large leeks, sliced, washed and dried
- 4 large vine tomatoes, cored, with an "X" scored on undersides
- 100 g button mushrooms
- 2 tbsp lemon juice
- 2 tbsp butter
- 150 ml vegetable stock
- 4 skinless salmon fillets, ~180 g each, pin-boned
- 2 tbsp olive oil
- soft green herbs, e. g., parsley, chives, tarragon, etc., to garnish

PREPARATION METHOD

1. Blanch the leeks in the iCook 1 litre Saucepan of boiling, salted water for 2–3 minutes until tender. Remove from the water to a bowl of iced water using a slotted spoon.
2. Drop the tomatoes into the boiling water for 10–15 seconds. Remove to the bowl of iced water with a slotted spoon.
3. Let the tomatoes cool before skinning, seeding and dicing. Clean and slice the mushrooms and immediately toss in the lemon juice.
4. Heat the butter and vegetable stock in the iCook Senior Sauté Pan, set over a medium-low heat. Add the leeks and gently warm through.
5. Season the salmon fillets with salt and pepper. Heat the olive oil in a frying pan set over a medium heat and fry the salmon for about 3–4 minutes each side until firm to the touch and opaque in appearance.
6. Add the diced tomatoes and sliced mushrooms to the leeks and warm through for a few minutes, then season to taste. Serve the salmon and vegetables in warm bowls and garnish with some herbs.