

Crispy Salmon with garlic coriander sauce

Serves: 1-2

Total time taken: Under 30 minutes

Preparation time: 20 minutes

Cooking time: 7-8 minutes

Ingredients:

Salmon fillet, skin on: about 250 gms
Garlic cloves: 1-2 (adjust to taste)
Fresh coriander leaves: a handful. Discard the roots.
Crushed black pepper: a tiny pinch
Juice of ¼ of a lemon
Zest of ½ a lemon
Olive oil: 1 tbsp
Sea salt: to taste

How I did it:

1. Squeeze the lemon juice and zest on the salmon fillet. Sprinkle sea salt to taste. Put a little less than required as we will also season the sauce.
2. Prepare a quick blend of the garlic, coriander leaves including stalk but not the roots, a tsp of olive oil and sea salt.
3. Rub the prepared coriander, garlic sauce (the marinade) on the salmon. Sprinkle a dash of black pepper powder. Let the Salmon marinate for about 15 minutes.
4. Heat a pan. Add the remaining olive oil (2 tsp). Make sure the pan and the oil are both hot before placing the salmon fillet in it. This step is important to prevent the fish from breaking and disintegrating.
5. Place the salmon fillet, skin down first. Reduce flame to lowest. Cover and let it cook for 5 minutes.
6. After 5 minutes, turn the salmon for another minute. Do not cook on this side for long as the salmon will start to overcook.
7. Serve w lemon wedges.