

SALMON WITH CAULIFLOWER SALAD

Prep + cook time: 30 minutes Serves: 4

Ingredients

- ¼ cup (60ml) extra virgin olive oil
- 4 x 160g (5-ounce) boneless
Salmon fillets
- 2 small cloves garlic, crushed
- 3 anchovy fillets, chopped very finely
- ⅓ cup (80ml) lemon juice
- ½ cup (55g) finely chopped
Roasted walnuts
- ⅓ cup fresh flat-leaf parsley leaves
- 400g (12½ ounces) shaved cauliflower (see tip)

1. Heat 1 tablespoon of the oil in a large frying pan over medium heat. Season salmon with salt. Cook salmon, skin-side down, for 3 minutes, then turn over and cook for a further 1 minute or until just cooked through.
2. Meanwhile, combine remaining ingredients, except the cauliflower, in a small bowl; season to taste.
3. Divide salmon and cauliflower among plates. Drizzle with the walnut mixture and sprinkle with extra parsley leaves, if you like.
4. Serving suggestion Accompany the fish with Israeli couscous or quinoa, if you like; however, be aware that the nutritional count will change.

Tips

Shave the cauliflower using a mandoline or V-slicer.

