



Pan fried Akaroa salmon fillets with salad of asparagus and watercress dressed with a lemon butter sauce

Salmon is one of nature's healthiest foods, packed with Omega-3, calcium, potassium, selenium, iron and essential vitamins.

It is the Omega-3 unsaturated oil that scientists credit with lowering cholesterol levels and reducing the risk of cardiac arrest and heart disease. Omega-3 is also linked to protection against certain cancers, alleviation of arthritic pain and osteoporosis, enhanced brain function and boosting immunity.

Akaroa Salmon is 100% New Zealand owned, supplying many of the country's leading chefs – within 24 hours from the ocean to the plate. Akaroa Salmon is an exclusive brand and is not available in supermarkets.

Ingredients

- Akaroa Salmon & Salad**
- 4 x 160gm salmon fillets
- 30gms butter
- 400gms asparagus
- 400gms watercress
- 50gms chervil
- 100gms sun-dried tomatoes
- Lemon Butter Sauce**
- 200mls White wine vinegar reduction
- 100gms cold butter
- 10mls cream
- 1 lemon
- Salt and pepper

Method

Lemon Butter Sauce

Firstly, make the white wine vinegar reduction as follows:

- 200mls white wine
- 100mls white wine vinegar
- 1 shallot, finely sliced
- 1 garlic, finely sliced
- 1 sprig of thyme
- 1 bay leaf
- 3 peppercorns

Place all ingredients into a pot and reduce by half. Remove from the heat and cool.

Now you are ready to make the sauce. Take 200mls of this reduction and put into a clean pot, add the cream. Put the pot back on the heat, slowly start whisking the cold butter into the reduction until it thickens up. Season with a few drops of lemon juice and salt and pepper.

Method

Akaroa Salmon & Salad

To cook asparagus, cut into thirds and simmer in salted water for just a few minutes so that it remains relatively firm and retains its colour. Cool (Asparagus is served cold as part of salad).

Pan fry the salmon fillets in a little olive oil until they are cooked but still pink in the middle – a couple of minutes on each side, depending on thickness.

Place the fillets in the centre of each of four warmed plates, place cooked asparagus around the plates, follow up with the watercress, chervil and sun-dried tomatoes.

Alternatively, you can put salad ingredients, including asparagus, in a bowl and toss before serving. Lastly, drizzle the lemon butter sauce over fish and salad.

Serves up to 4

TAKEAWAY SPECIALS

MEAL FOR 1 \$9.90

Butter chicken, rice, plain naan bread

MEAL FOR 2 \$19.90

Butter chicken, lamb masala, rice x2, plain naan bread, garlic naan bread

MEAL FOR 3 \$29.90

Butter chicken, lamb masala, vegetable korma, rice x3, plain naan bread, garlic naan bread

(All meals supplied in 650ml containers. Offer valid through 31 March 2009)

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