

FILLET OF SALMON WITH A PICKLED CALIFORNIA PRUNE CHIMICHURRI SALSA

By Peter Sidwell

Here's a new summer recipe from Chef Peter Sidwell. It's perfect for a light lunch or supper, and can be cooked indoors or outside, so with lighter evenings and warmer weather why not fire up the barbecue, pour a glass of crisp white wine and share a simple but tasty salmon dinner

Prep Time: 15 minutes

Cook Time: 10 minutes

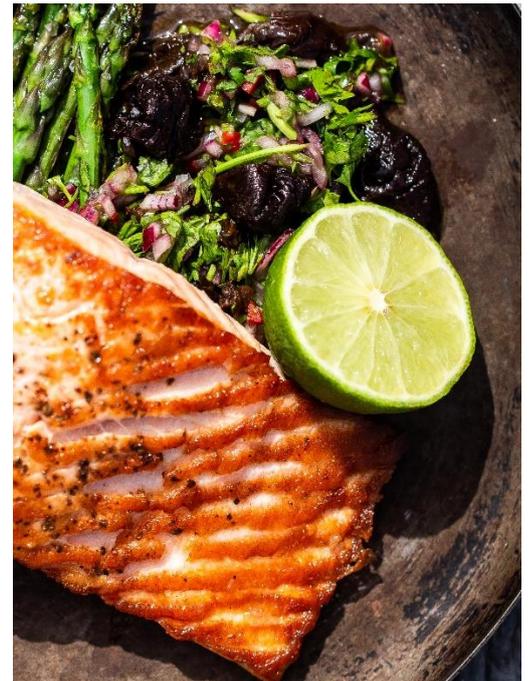
Serves: 4

Ingredients:

For the chimichurri:
1 clove garlic - chopped
1 medium red onion - chopped
½ red chilli - seeds removed, and chopped
70ml red wine vinegar
150g California Prunes - chopped
100ml extra virgin olive oil
2 bunches flat leaf parsley

For the salmon:
4 x 180g portions salmon fillet
1 tbsp extra virgin olive oil
1 tsp salt
1 tsp pepper

2 bunches asparagus



- Here's How:**
1. Mix together the chopped garlic, red onion, chilli and California Prunes in a mixing bowl.
 2. Pour over the red wine vinegar and let it stand for 10 minutes, in order to pickle the ingredients and make them nice and tangy.
 3. Add the parsley and olive oil and mix the salsa together. Leave to stand while you cook your salmon.
 4. Drizzle some olive oil over the salmon fillets and season with salt and pepper.
 5. Place the salmon onto a hot BBQ with the asparagus. Cook for 4-5 minutes on each side or until cooked (I used my new BBQ soap stone as it's great for cooking fish outside).
If you are not cooking the salmon on a BBQ, simply place both the fish and asparagus onto a baking tray and grill for approx 8-10 minutes until the salmon is fully cooked.

To serve: Serve the salmon with the asparagus and the California Prune chimichurri salsa.

