

Mango, herb & chilli salad with crisp-skinned salmon

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Preparation 30 mins | Cooking 5-6 mins | Serves 4

4 x 175g fillets Atlantic salmon fillets, skin-on and pin-boned
1 tbs extra virgin olive oil
Sea salt flakes, for sprinkling
½ cup roasted salted peanuts, chopped
Steamed jasmine rice, to serve

Mango, herb & chilli salad:

1 large firm (almost ripe) mango, peeled and flesh cut into thin strips
½ small red onion, finely sliced
2 Lebanese cucumbers, halved, deseeded and diagonally sliced
1 cup coriander leaves
1 cup Thai basil leaves
1 long red chilli, deseeded and thinly sliced
80g baby salad leaves

Sesame ginger dressing:

½ cup lime juice
1 tbs sesame oil
1 ½ tbs finely grated ginger
1 tbs fish sauce
1 tsp brown sugar

STEP 1 Pat salmon dry with paper towel. Rub 2 tsp oil and sea salt flakes into the skin. Set aside.

STEP 2 To make mango, herb & chilli salad, combine all ingredients in a large bowl. Chill until ready to serve.

STEP 3 To make the sesame ginger dressing, combine all ingredients in a screw-top jar. Shake until well combined just before serving.

STEP 4 Heat remaining 2 tsp oil in a large non-stick frying pan over medium heat. Add salmon, skin-side down, and top with a heavy-based frying pan to weigh it down. Cook for 3 minutes or until skin is golden and crisp. Remove weight, turn and cook for a further 2-3 minutes or until just cooked through.

STEP 5 Drizzle mango, herb & chilli salad with the dressing and gently toss to combine. Arrange salad on serving plates. Top each with a piece of salmon. Sprinkle with peanuts and serve with steamed jasmine rice.

