

Braised fennel & tomato with salmon.



Braised fennel & tomato with salmon

Preparation 20 mins | Cooking 50 mins | Serves 4

- 2 tbs olive oil
- 1 red onion, halved and thinly sliced
- 2 medium or 4 baby (about 900g) fennel bulbs, trimmed & finely sliced (reserve fronds)
- 2 garlic cloves, crushed
- Pinch saffron threads
- 5 ripe Roma (egg) tomatoes, diced
- 1 cup fish stock
- 1 tbs lemon juice
- 2 tbs tomato paste
- 4 x 200g thick Atlantic salmon fillets, deboned and skinned

STEP 1 Heat oil in a large heavy-based frying pan over medium heat. Add onion and cook, stirring often, for 5 minutes until tender. Add fennel and garlic, and cook, stirring often for 5 minutes or until softening. Meanwhile, soak saffron in 1 tbs warm water for 5 minutes.

STEP 2 Add tomatoes, stock, lemon juice, tomato paste and saffron water to fennel mixture. Stir to combine. Season with salt and pepper. Cover and cook, stirring occasionally, over medium-low heat for 25-30 minutes until fennel is tender.

STEP 3 Arrange salmon in the pan and spoon over fennel mixture. Cover and cook over medium-low heat for 8-10 minutes or until salmon is just cooked through. Sprinkle with a few reserved fennel fronds and serve.

Good for you... *FENNEL*

A good source of dietary fibre, which helps the intestine function well and also vitamin C, a vitamin needed to defend the body against infection. Has virtually no fat and few kilojoules so is a great food for those trying to control weight. A source of potassium.

