

PANCETTA SALMON

This dish looks really impressive & is very quick and easy to make once you've got the hang of it. Use it when you want to impress someone!



8 pancetta rashers
2 skinless salmon fillets
Rind of ½ lemon
2 tbsp fresh mixed herbs – I used parsley, chives & tarragon
Salt & pepper

Hints, Tips and Variations

- ◆ *Gluten, wheat & dairy free*
- ◆ *If you can't find pancetta, use thinly sliced, smoked streaky bacon as an alternative.*
- ◆ *Try using different kinds of fish - halibut, monkfish, cod...*
- ◆ *This dish also works well with chicken.*
- ◆ *Using different herbs will change the flavour.*
- ◆ *Make extra to use up any extra pancetta & freeze raw.*

Heat the oven to 200C/400F/Gas6.

Chop the herbs and mix with the lemon rind.

Lay the strips of pancetta overlapping slightly and working from the bottom up. Lightly stretch each rasher and if they are wider at one end, alternate them so that your block of strips is even.

Lay a fillet of salmon in the middle of the pancetta strips, the top of the salmon fillet should be just a little above the top edge of the pancetta.

Season with salt & pepper and cover the fillet with ½ of the herbs.

Starting with the top strip, fold the strips of pancetta diagonally and alternately over the salmon fillet.

When you get to the last rasher, fold up the tail of the salmon fillet and tuck in with the last pancetta rasher. This will prevent the thin fillet tail over cooking.

Tuck any stray pancetta ends underneath and freeze at this point if necessary. Repeat with the other salmon fillet.

Place the fillets on a baking sheet and bake for 10min. When the time is up, switch the grill on and grill for 3 min to brown the pancetta before serving.

Per serving 396Kcal, 34.5g Protein, 26.6g Fat (7.7g saturated), 1.2g Carbs, 0.3g