



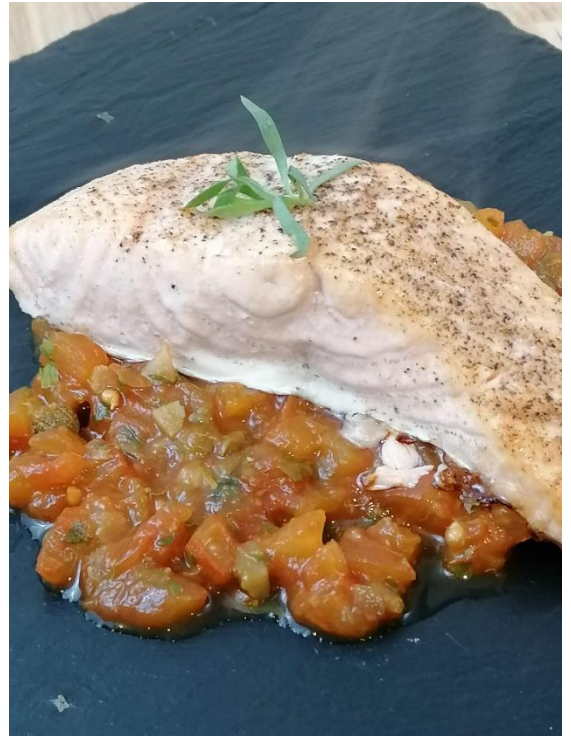
Roast Salmon with Tomato & Tarragon Sauce

Quick and easy, make the sauce while the salmon is cooking. It can also be made ahead of time and re heated. Serve with salad or vegetables.

Sauce serves 2 - 3

- 1 salmon fillet per person
- 50ml white wine
- 2 large tomatoes, skinned, deseeded and chopped
- 3 cocktail gherkins
- 2 tbsp capers
- Juice of ½ lemon
- 1 tsp Worcester sauce
- 100ml passata
- 1 tbsp chopped tarragon

1. Pre heat the oven to 220C/425F/Gas7
2. Put the salmon on a greased baking sheet, season with salt and pepper and bake for 15 mins.
3. Heat a heavy based frying pan over a high heat. Add the wine and bubble for a few seconds.
4. Add the chopped tomatoes, capers and gherkins, cook for a few moments, then add the lemon juice and passata. Turn the heat down and simmer until the liquid has reduced and the sauce has thickened.
5. Once the salmon is cooked, remove from the oven. Spoon a pool of sauce over the bottom of each serving plate and place a piece of salmon on top.



Hints, Tips and Adaptations

Sauce is vegetarian, gluten & dairy free, freezer & microwable

Chop up 10cm chorizo sausage for a different flavour.

Use chopped red pepper instead of tomatoes.

The sauce is also delicious with pasta.

Try different fish – cod, haddock, sea bass, bream, mackerel all work well.

Use roast chicken, turkey or a gammon steak.