

Salmon rosette stuffed with spinach and feta cheese, pan-fried chickpeas with sundried tomato pesto - Virtual Workshop Version

Recipe for 2 portions

Description

A beautiful plate full of flavors and colors!

Note

Be careful not to over-salt the salmon, the feta may be enough.

Ingredients

Salmon

- 2 Portion(s) Salmon filet skin-off
- 50 Gr Feta cheese
- 1 Handful(s) Baby spinach
- 1 Unit(s) Green onion
- 1 Pinch(es) Curry powder

- Salt and pepper

Sun dried tomato pesto

- 4 Piece(s) Sundried tomatoes
- 1 Tbsp Balsamic vinegar
- 2 Tbsp Olive oil
- 4 Leaf(ves) Basil
- 1 Clove(s) Garlic

- Salt and pepper

Garnish

- 0.50 Can(s) Chick peas (540 ml)
- 1 Small Zucchini
- 50 Ml Cream 35%
- 2 Pinch(es) Paprika

- Salt and pepper

Preparation

- Preparation time **45.00 mins**
- Preheat your at **400.00 F°**

Things to do before the workshop

Ingredients

Wash the vegetables.

Peel and chop the garlic.

Equipment list

1 cutting board

1 chef knife + 1 paring knife

1 large pan

1 pastry sheet + parchment paper
1 mixing bowl
1 hand mixer (blender)
1 pair of tongs
1 wooden spoon

Preparation to do with the chef

Finely chop the feta and the green onion.
Chop the spinach leaves.
Cut the zucchini into small cubes.

Salmon

Start by mixing all the stuffing ingredients in a bowl.
Cut the salmon in half lengthwise.
Salt and pepper then cover with the stuffing, roll the salmon in a spiral.
Place on a baking sheet lined with parchment paper.
Cook about 10 minutes in the oven and serve.

Pesto

Place all the pesto ingredients in a small container, then blend until you get a nice texture.

Chick peas

Heat a pan with a drizzle of olive oil, add the zucchini cubes and cook for 2 minutes.
Add the chickpeas, pesto and cream. Cook for 3 minutes over high heat.
Season and serve immediately

Plating

Place a serving of chickpeas at the bottom of your plates with a serving spoon.
Using a spatula, place the salmon rolls on the chickpeas.
Finish assembling the plate with a pinch of paprika.

Bon appétit!