

Semi-cooked salmon, roasted chorizo, white kidney beans puree with olive oil, fresh coriander, green salad |

Recipe for 4 portions

Description

Easy and tasty recipe.

Ingredients

Salmon

- 4 Steak Salmon filet
- 25 Gr Butter
- 30 Ml Olive oil
- 2 Sprig(s) Fresh cilantro

- Salt and pepper

Beans puree

- 1 Can(s) White beans (540ml)
- 2 Clove(s) Chopped garlic
- 15 Ml Olive oil
- 50 Ml Milk
- 2 Sprig(s) Thyme flower
- 100 Gr Spanish chorizo

- Salt and pepper

Green salad

- 4 Handful(s) Salad mix
- 55 Ml Home vinaigrette

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **255 F°**

Prep

Remove the skin of the chorizo and dice the chorizo.

Salmon

In a hot skillet, add a spoon of butter and olive oil, put your salmon and sear on one side only. Put on a baking tray and bake in the oven for 3 minutes when ready to serve.

White kidney beans puree

Beans

In a pot with olive oil, sweat the garlic with thyme.

Add the beans and cover with milk.

Cook for 10 min at medium heat.

Mix in a blender (don't put all the liquid in the blender to make sure that your puree is not too

liquidy, but slowly add until the right consistency).

Season with salt and pepper and olive oil.

Chorizo

Cook for few minutes in a skillet at medium heat without butter nor oil.

Dressing

In a bowl, mix the mustard, some vinegar, olive oil and season with salt and pepper.

Dressing your plates

Put some puree on the bottom of your plate, add salmon, and baste with a spoon of chorizo.

Garnish with cilantro.

Put the salad on a side bowl.

Bon appétit!