

## The Kitchen Café Takeaway

### Wild Salmon with Peas and Broadbeans by Tom Kitchin

Prep time: less than 30 mins  
Cooking time: 15 mins  
Serves 4



#### Ingredients

4 x 150g salmon (fillet with skin on)  
200g fresh peas (podded)  
200g broad beans (podded)  
50g diced carrot (cooked)  
50g bacon lardons  
20g butter  
100ml chicken stock  
Salt  
100g lettuce (sliced thinly)

#### Method

- Heat a saucepan and add some olive oil
- Add bacon lardons and gently colour for 2-3 minutes.
- Add the peas and salt and cover with chicken stock. Cook for 2-3 mins on a fast heat and add broadbeans and butter.
- Add a little more chicken stock if needed, then add the carrots and cook for 1-2 minutes before adding the lettuce. Set aside and cook the Salmon.
- Heat a non-stick frying pan and add the oil. Season the salmon on both sides and place skin-side down, cooking on a medium heat for 4-5 minutes. The skin should be crispy. Then turn over and cook for another 2-3 minutes.

## To serve

- Place the ragout of peas and broadbeans in a bowl and place the seared salmon on top.



Wednesday lunchtime's from 1315-1400  
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