

three streams

Ingredients:

2x 200g Norwegian salmon portions
Sea salt
Rainbow peppercorns
Olive oil for cooking
(Butter and Dill mix: 2 Tbsp. Butter and 1 tsp. chopped dill)

Mango salsa:

1 Tbsp. Dee Thai Mango dipping sauce (it is quite spicy but for a stronger taste add 2 Tbsp.)
1 ripe Mango, peeled, pitted and diced
1 Tbsp. parsley chopped
1 Tbsp. lemon juice
Grind lemon zest
1 tsp. dried basil
½ punnet of Italian tomatoes diced
1 clove garlic crushed

Grind the sea salt over the salmon portions and set aside for 10 minutes.

Mango salsa:

Mix all the salsa ingredients together and refrigerate until ready to serve.

Rinse off the excess salt from the salmon portions and sprinkle olive oil over it for baking.

Grind the pepper over the salmon and bake for 15 minutes or until the fish flakes easily.

Place the salsa over the salmon portions and serve

*Note: parsley can be replaced with coriander, but not too much as the taste can be quite strong.

*Something different: Place the salmon in a wax sheet parcel, cover the salmon with a butter and dill mix and place salsa on top and wrap fish in the baking paper and bake for 20/25 min or until the fish flakes.