

# CHEF TRISHA HENNESSY

## TUESDAY NIGHT CLUB RECIPES



## Sunny Mediterranean Salmon

### Ingredients

#### Serves 2

- |                                                   |                        |
|---------------------------------------------------|------------------------|
| 1 tbsps olive oil.                                | 1 teaspoon sugar.      |
| 1 red, yellow & orange pepper, deseeded & sliced. | Salt & pepper.         |
| 1 red onion, peeled & sliced                      | 1 can cherry tomatoes. |
| 8 baby potatoes, cut into quarters.               | 2 pieces of salmon.    |
| 2 cloves of garlic, peeled & chopped.             | 1/2 bag baby spinach.  |
| 2 teaspoon smoked paprika.                        | 10 basil leaves.       |

### Method

1. Heat the oil in a pan & add sliced peppers, onions, potatoes & garlic & sweat off ( i.e. cook without colour for 10 mins.
2. Then add smoked paprika, sugar, salt & pepper & tin of cherry tomatoes.
3. Bring to the boil & simmer for 10 mins.
4. Then put the salmon on top, cover with a lid & cook for a further 10 mins.
5. Carefully remove salmon & set aside.
6. Toss in spinach & torn basil leaves & give everything a good stir.
7. Spoon onto plates & top with the cooked salmon.