FRESH & COOL

Crispy-Skin Salmon with Herb Potato Salad

PREP	COOK	SERVES
20 min	25 min	4

Salmon with shatteringly crisp skin beside warm potatoes, green beans, capers and plenty of fresh herbs.

Ingredients

For the salmon

- 4 skin-on salmon fillets (about 150 g each)
- 1 tbsp neutral oil
- Salt and black pepper
- Lemon wedges, to serve

For the potato salad

- 700 g baby potatoes, halved
- 200 g green beans, trimmed
- 3 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 shallot, very thinly sliced
- 2 tbsp capers, drained
- Zest of 1 lemon
- A large handful of dill and parsley, chopped

Method

1. Boil the potatoes in well-salted water for 12 to 15 minutes until tender, adding the green beans for the last 3 minutes. Drain well.
2. Whisk the olive oil, vinegar, mustard and a pinch of salt in a large bowl. While the potatoes are still warm, toss them and the beans in the dressing with the shallot, capers, lemon zest

and herbs.

3. Pat the salmon very dry with kitchen paper and season the skin with salt.
4. Heat the oil in a large non-stick pan over medium-high heat. Lay the fillets in skin-side down and press each one gently for 10 seconds so the skin stays flat.
5. Cook for 5 to 6 minutes without moving them, until the skin is crisp and the flesh is cooked about three quarters of the way up. Flip and cook for 1 minute more.
6. Serve the salmon on the warm potato salad with lemon wedges.

> **Cook's tip**
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> Dry skin and a hot pan are everything. Do not move the fish until the skin releases by itself.