



SALMON FILLET WITH PARMESAN CRUST

<https://www.mainland.co.nz/recipe/salmon-fillet-with-parmesan-crust.html>



PREP TIME
10 MINS

COOKING TIME
20 MINS

SERVES
4

This recipe is full of rich, elegant flavours. Salmon fillets are always a winner, and here their oiliness is countered by the crispness of the salad and our tangy, strong Parmesan Cheese.

Ingredients

- 150g crème fraîche
- 1 cup grated Mainland Parmesan Cheese
- 1 tbsp finely chopped preserved lemon
- 1 tsp sesame seeds
- 4 portions salmon fillet, boneless (approx. 180g each)
- 1 fennel bulb, sliced
- 2 handfuls baby kale leaves
- 2 radishes, finely sliced
- 4 ripe oranges, zested then peeled and segmented
- Olive oil and pomegranate molasses, to serve

Method

1. Preheat oven to 190°C. Line a shallow roasting tray with baking paper.
2. Mix crème fraîche, Parmesan Cheese, lemons and sesame seeds together.
3. Place salmon fillets on the tray and top with a spoonful of the crème fraiche mixture and a little extra Parmesan Cheese.
4. Bake for 15-20 minutes until salmon is golden and just flaking in the centre.
5. In a large bowl mix together the fennel slices, kale leaves, radish and orange zest and segments then dress with olive oil and pomegranate molasses to taste.
6. Serve salmon portions alongside the kale and fennel salad.