



BigFish Recipe™

Herb Crusted Salmon for Father's Day

Lou says: "This is a really fresh-tasting dish that my Dad loves! I prefer to use fresh herbs from my garden – or you can buy them in the supermarket. You can use dried herbs but then you'll only need about one third the amount as the flavour is more concentrated than in fresh herbs."

If you don't want to use the whole bulb of roasted garlic you can keep any spare in a small jar or tub with a lid, just top up with olive oil to cover and store for up to two weeks in the fridge. It's great used in dressings, spread on toast or a pizza!

Preparation time: 20 minutes
Cooking time: 20 minutes (plus 20 to roast the garlic)
Serves: 2 (easily doubled if required)

Ingredients

2 BigFish plain Salmon Fillets (or use our Organic if you prefer!) defrosted according to pack instructions
1 jar of Dijon mustard
150-300g of fresh chopped herbs, we suggest a mix of parsley, coriander, basil and rosemary.
A bulb of garlic, for roasting
Spring onions, to garnish
Olive oil

Method

1. Heat the oven to gas mark 6/200°C (180°C fan). Separate the garlic cloves, then pop them (unpeeled) in a dish or on a baking sheet, lightly coating in a little olive oil. Roast for 20-25 minutes in the oven until the skin is lightly browned and the cloves are soft. Allow to cool for about 10 minutes.
2. Turn the oven down to gas 3/170°C (150°C fan).
3. While the garlic is cooking, prepare the salmon fillets. Place them in a dish and cover very generously with mustard, use at least 150g (even the whole jar!)
4. Mash at least six cloves of roasted garlic (more if you like) and mix with the chopped herbs, then wrap each fillet in this mixture so it is completely coated.
5. Wrap the fillets in tin foil and bake for 20 minutes. Check halfway through to make sure you don't overcook, bearing in mind that thicker fillets will take slightly longer.
6. Now serve, garnishing with a little finely chopped spring onion. We enjoyed this dish with some nice wild rice and steamed spinach, or you could maybe try it with new potatoes and seasonal English asparagus!

With thanks to favfamilyrecipes.com for the concept