

SALMON ZUCCHINI NOODLES

Recipe by Dani Venn

Serves 2

Prep Time: 10 minutes

Cook Time: 5 minutes

YOU WILL NEED

200g salmon fillet, skin on

2 large, thick and straight zucchinis

1-2 cups fresh parsley or coriander

½ cup nuts (pine nuts, walnuts, pistachio)

½ teaspoon finely grated or chopped garlic

1-2 tablespoons lemon juice

1 tablespoon nutritional yeast flakes

½-1 cup extra virgin olive oil

Salt flakes, for seasoning

200g cherry tomatoes, chopped in half

1 bunch broccolini, chopped in half

2 tablespoons pumpkin and sunflower seeds

2 lemon cheeks, to serve

HOW TO MAKE IT

Place salmon into steaming device (double boiler, bamboo steamer or electric steamer) and cook for around 7–10 minutes, depending on the thickness of your salmon. Ideally salmon should remain slightly pink in the thickest part of the fillet. Once cooked, gently shred the fillets.

Add broccolini to the steamer and steam for about 4–5 minutes so the broccolini retains a brilliant green colour.

Make zucchini noodles using a vegetable spiraler, alternatively you could use the julienne attachment of mandolin

Place parsley, nuts, garlic, lemon juice, olive oil and salt in a blender and blitz on medium speed until a nice pesto has formed, you want it still a little chunky, alternatively crush by hand in a mortar and pestle, just chop the herbs up a little beforehand.

Add a tablespoon of olive oil to a large fry pan over medium heat, add zucchini noodles and cherry tomatoes toss for about 1–2 minutes, when noodles and tomatoes appear slightly wilted, turn off the heat and toss through some of the pesto, salmon and broccolini. Season with a little salt and serve with extra nuts and herbs.