



PAN-FRIED SALMON ON BRAISED FENNEL

INGREDIENTS

- 2 salmon fillets
- 1 tsp Memphis Belle
- 1 fennel bulb, sliced and broken up
- 2 lemons
- a handful of fresh dill, finely chopped
- 50g butter

For a quick lunch or supper, this salmon and fennel dish packs loads of flavour and is really easy to make.

INSTRUCTIONS

1. Add the butter to a frying pan and heat until foaming. Add 1/2 tsp of Memphis Belle

2. Add the dill and the juice of two lemons and let emulsify

3. Add the chopped fennel to the butter mixture and cook for 2 to 3 minutes, to keep a crunch

4. Lightly rub the salmon fillets with olive oil and the

remaining 1/2 tsp Memphis Belle

5. Take fennel mixture out of the pan and add the salmon fillets to the pan, skin side down.

6. Cook for 3 minutes, then turn over and cook on flesh side for 1 minute

7. Serve the salmon on a bed of fennel and garnish with chives



Feeds
2



Prep time
10 m



Cook time
10 m

