



Fresh Salmon Recipes

Citrus Salmon Fillet

Ready in: 10m - Cooking time: 30m - Waiting time: 5m

Serves 4 people

Ingredients

- ¾ kg Fresh salmon Fillet
- 2 tablespoons Manuka flavoured or plain honey
- 1 tablespoons Freshly squeezed lime juice
- 1 tablespoons Freshly squeezed orange juice
- ½ tablespoon Lime zest
- ½ tablespoon Orange zest
- ½ pinch salt and pepper
- ½ Lime sliced
- ½ Orange sliced
- ½ handful Fresh Thyme and Micro Herbs



Instructions

1. Use around 1.5kg + Fresh Regal salmon Fillet, Skin on, bone out.
2. Add Orange, Lime, Honey, Salt, pepper and zest - combine well
3. Half an hour before cooking glaze the fillet with a pastry brush and liquid citrus.
4. Thinly slice Orange and Limes
5. Bake on 190degrees for 30 mins then check, may require another 5 minutes depending on how you prefer your salmon.
6. Remove from the oven and sprinkle with Fresh Thyme and Micro herbs

NZ Salmon

Salmon Lasagne

Ready in: 30m - Cooking time: 30m - Waiting time: 5m

Serves 4 people

Ingredients

- 2/3 kilo(s) Salmon Trimmings
- 2/3 part(s) Milk for poaching
- 2/3 grams Cooked lasagne sheets
- 2/3 cup(s) Fresh Dill
- 2/3 cup(s) Peas
- 2/3 cup(s) Parmesan
- 2/3 Ball of Mozzarella
- 2/3 Sauce
- 2/3 Bag of Baby Spinach
- 2/3 cup(s) Cream
- 2/3 teaspoon(s) Nutmeg



Instructions

1. Firstly, make the béchamel and spinach sauces and poach the salmon. For the béchamel sauce, melt the butter in a small saucepan. Stir the flour and cook for a few minutes until frothy, stirring constantly. Gradually add the warm milk, whisking in all the time, until the sauce is smooth. Bring to a gentle boil, stirring continuously until the sauce thickens. Season to taste with salt and pepper.
2. To make the spinach sauce, trim and wash spinach. With water still clinging to the leaves, place spinach in large saucepan, cover with lid and simmer gently until the leaves are just wilted. Drain and squeeze out excess water. Transfer spinach to a blender or food processor add the cream and nutmeg. Pulse to combine then season with salt and pepper.



3. Preheat oven to 180degC. Grease a large baking dish. Gently poach salmon in milk until just cooked, and then break into good sized chunks. Discard the milk.
4. Cover bottom of baking dish thinly with 1 cup of béchamel sauce.
5. Spread an overlapping layer of lasagne sheets over the sauce, then spread on a layer of spinach sauce and place half the salmon pieces evenly over this. Sprinkle with some chopped dill. Add another layer of lasagne, then add a layer of béchamel sauce and sprinkle this with peas for a rough covering.
6. Repeat layers again, so its lasagne, spinach and salmon, dill, lasagne, béchamel sauce and then peas. Finish with a final layer of lasagne, then a thin layer of béchamel sauce. Top with grated parmesan cheese, and pieces of fresh mozzarella.
7. Bake the lasagne for 30mins, or until hot and bubbling.



Teriyaki Salmon Fillets

Ready in: 30m - Cooking time: 10m

Serves 4 people

Ingredients

- 140 grams 2 x twin Regal 140g Fresh salmon portions
- 1 cup(s) caster sugar
- 60 mL soy sauce
- 60 mL mirin seasoning
- 60 mL mirin seasoning
- 1 pack of organic udon noodles



Instructions

1. Marinate 4 x 140g pieces of Fresh Regal salmon, using caster sugar, soy sauce, mirin sauce, mix all 3 ingredients together well and leave on the salmon for 30 mins.
2. Boil water and add the organic udon noodles and let them boil rapidly for 10 mins.
3. Slice shallots thinly and set aside.
4. Cook salmon fillet portions in a fry pan on a medium to high heat for 5 mins then turn from side to side, pouring any extra sauce on.
5. Once noodles are ready spread on plate, top with salmon and shallots, serve with broccoli.



Crispy Skin Salmon with Caper Dressing

Ready in: 10min - Cooking time: 5min

Serves 4 people

Ingredients

- 4 Fresh NZ Salmon Fillet 140g portions
- 200 mL Premium olive oil
- 160 mL White balsamic vinegar
- 2 Garlic clove crushed
- 4 tablespoons capers chopped
- 4 tablespoons parsley chopped
- 2 tablespoons dill chopped



Instructions

1. Coat the salmon fillets in 20ml of olive oil and season with salt n pepper.
2. Cook on a high heat using a non-stick fry pan for 5 mins, turning top to bottom and side to side.
3. Place the remaining ingredients in a bowl and whisk, this is your dressing, once the salmon is cooked, spoon the dressing over the fillet, skin side up.
4. Serve with a Pear, walnut, halloumi and rocket salad.

NZ Salmon

Salmon Fillet with Caviar

Ready in: 30m - Cooking time: 10m - Waiting time: 30m

Serves 4 people

Ingredients

- 1 teaspoon Salt
- 1 Lime wedges
- 10 Shallots (onions) peeled
- 2 tablespoon Soy oil (extra for brushing)
- 250 grams Cherry Tomatoes Halved
- 1 Small Green Chilli thinly sliced
- 4 tablespoons Lime Juice
- 3 tablespoons Fish sauce
- 1 tablespoon Sugar
- 1 handful Coriander sprigs
- 1 1/2kg Fresh Salmon Fillet s/on b/out
- 1 Jar of Salmon Roe (Caviar)
- 3/4 Cucumber Peeled, Halved Lengthways, deseeded and thinly sliced



Instructions

1. Preheat oven to 200degC, but sliced cucumber in a ceramic bowl, with the salt, set aside for 30mins allowing it to pickle.
2. Put Shallots in a small roasting dish, add the soy oil, mix well and place in oven for 30 mins, until they are tender and well browned.
3. Remove from the oven and set aside to cool, meanwhile wash the salted cucumber well, under plenty of cold running water, then squeeze dry in handfuls and place in a bowl.



4. Preheat the oven grill to very hot, halve the shallots and add them to the cucumber.
5. Add tomatoes, chilli, lime juice, fish sauce, sugar, coriander sprigs and sesame oil and mix well.
6. Taste – if needed adjust the sweet, with sugar and lime juice – set aside.
7. Place salmon on oiled baking paper, brush top of salmon with soy oil, season with salt and pepper, place under the grill for 10 mins or until just cooked and lightly browned.
8. Remove from oven, slide onto a platter, springle with the tomato and cucumber mixture and spoonfulls of Salmon Roe.
9. Serve with Lime Wedges & Rice