



## Salmon with Yoghurt Sauce

It's always best to cook fish with the skin on, even if you don't plan to eat it. As well as releasing tasty – and healthy – Omega 3 oils into the flesh, the skin helps protect it from the heat of the pan, then you can always remove it before eating.

**Serves 2**



### INGREDIENTS

- 2 x 180g (6½oz) pieces salmon tail, skin on, pin-boned
- ¼ cup extra virgin olive oil (60ml)
- 1 red onion, cut into thin slivers
- ¼ cup plain flour (35g/1¼oz)
- ½ teaspoon salt flakes, crushed
- 1 teaspoon Lebanese 7 Spice (baharat)
- About 1 cup (250ml) Yoghurt Sauce (Laban Matbookh) with herb mixture separate

### METHOD

1. Check fish for any remaining scales or bones.
2. Set aside for 30–60 minutes to come to room temperature.
3. Place a frying pan, large enough to hold the fish in a single layer, over medium heat.
4. Add oil, onion and a good pinch of salt. Stir well, cover and cook for about 10 minutes, stirring occasionally, until tender.
5. Meanwhile, place flour in a plastic bag with salt and 7 Spice.
6. Uncover onion, increase heat to medium–high and cook for a further 5 minutes or so, stirring frequently, until well-coloured all over.
7. Remove onion from pan, leaving as much oil as possible behind, cover and set aside to keep warm.
8. Add salmon to the flour, one piece at a time, and shake to coat well, shaking off the excess flour.
9. Place the pan over medium heat and, when oil is hot, add salmon, skin side down; if it starts to curl, hold it down with a fish slice or egg lift for 10 seconds or so until it relaxes.
10. Cook for 6–8 minutes until skin is well-coloured and flesh has turned opaque part way up the sides of the fish.
11. Meanwhile, put Yoghurt Sauce in a saucepan over medium heat and stir regularly until it starts to simmer.
12. Taste and add more salt if needed. Stir in half the reserved herb mixture, cover and set aside to keep warm.
13. Turn salmon over, and cook for a further minute or so, depending on thickness and whether or not you like it rare in the centre.
14. Spoon some of the Yoghurt Sauce into shallow serving bowls, scatter onion around, place fish in the middle and scatter remaining herb mixture around it (you may need to microwave it for 5 seconds if it's come straight out of the fridge).
15. Serve with remaining sauce on the side.