



RECIPE CARD



**NATIONAL EYE
HEALTH WEEK**
MONDAY 19 – SUNDAY 25 SEPTEMBER 2022
YOUR VISION MATTERS

Ainsley Harriott's Speedy Sautéed Salmon in Cherry Tomato & Basil Sauce

Salmon is great for taking on flavours, and with just a few ingredients it's easy to have an inviting meal ready in under half an hour. The sauce is a simple Mediterranean tomato sauce and it's very versatile – you can change the basil to fresh thyme or tarragon if you fancy a change of flavour. Delicious served with vegetables and rice, or toss the sauce through tagliatelle pasta and serve the salmon fillet on top.

SERVES 4

4 x 120g skinless and boneless salmon or trout fillets, from a sustainable source

1 tbsp olive oil, plus a drizzle

3 garlic cloves, minced

½ tsp chilli flakes

60ml dry white wine or vermouth

1 x 400g tin cherry tomatoes

½ tsp sugar

3 tbsp double cream

1 tbsp chopped flat-leaf parsley
a small handful of basil leaves, shredded, plus a few extra whole leaves to serve

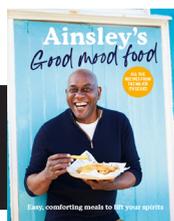
½ lemon, for squeezing

Sea salt and freshly ground black pepper

Season the salmon fillets with salt and black pepper on both sides. Heat the oil in a large frying pan over a medium heat and add the salmon. Cook for 2–3 minutes on each side or until just cooked through. Remove from the pan and set aside.

Add a drizzle of oil to the pan and add the garlic and chilli flakes. Cook for 30 seconds until fragrant. Add the wine and bubble off the alcohol for 1 minute, then add the tomatoes. Stir in the sugar and bring to the boil, then simmer gently for 5–6 minutes.

Reduce the heat and stir in the cream, parsley and basil. Season to taste with salt and pepper. Return the salmon to the pan to warm through for a minute or two, basting the fish with the sauce. Serve immediately with a squeeze of lemon and scattered with basil leaves.



Recipe extracted from Ainsley's Good Mood Food by Ainsley Harriott (Ebury Press, £20)
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