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# ORANGE SALMON



Food : Main Courses

## Ingredients

• 500g Salmon Fillet Skin On • 100g Oranges • 75g Carrots • 75g Leek • 40g Salt • 25g Sugar • 5g White Pepper • 50g Mixed Herbs • 20ml Citrus Dressing

## Methods

- Wash oranges, carrots and leek. Place in a blender and mix to a coarse paste. Add sugar, salt and pepper.
- Place salmon fillet skins down in tray. Cover the fillets with the paste and marinate for 1 day.
- Remove from marinade and rinse under cold water, dry with paper towel.
- Serve Salmon with mixed herbs and a citrus dressing.