



Dante's
FINE FOODS

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SALMON WITH CRISPY PROSCIUTTO

Ingredients:

- 4 x 150-200g **Aoraki salmon fillets**
- 4 slices of **Prosciutto**, finely chopped
- 1tsp freshly grated lemon rind
- 2 garlic cloves, finely chopped
- 3Tbsp **The Village Press EV Olive Oil**
- 2 Parsnips, washed and cut into cubes
- 2 Fat Leeks, washed and cut into cubes
- 100ml **Rapunzel Organic Vegetable Bouillon**
- 1tsp **Conimex Sambal Brandal**
- 1 bunch of fresh parsley, finely chopped

Instructions:

Preheat oven at 200C.

Dry the salmon fillets and place on baking paper in an oven dish. Sprinkle with a little freshly ground pepper and salt. Mix the prosciutto with the lemon rind, garlic and 1 Tbsp of the Olive Oil. Place mixture on top of the salmon fillets.

Heat the remaining oil in a wide sauté pan and cook the parsnip over a medium heat until al dente. Add the leeks and fry for a couple of minutes. Add the bouillon, sambal and cook for another couple of minutes.

Bake the salmon fillets in the preheated oven for 15 minutes and cooked through and crispy.

Add the parsley to the vegetable mixture and serve with the salmon.

Serves 4

DID YOU KNOW??

I order fresh Aoraki Salmon from Twizel every Thursday! This is farmed salmon, but not force fed salmon! The salmon have to chase their own food, meaning that this salmon is actually 'fit', it burns up its bad fats, and is full of good omega 3 and other fats! Apart from the health benefits it just tastes so good, and it is actually only 1 day old, caught on Wednesdays and sold in my shop on Thursdays and Fridays! If you don't want to miss out, place an order! Usually I do have plenty spare though. We also always have frozen salmon.