

Bridget Jones's Salmon with Pine Nut Salsa

Nutritional Highlights

- Salmon is a Mediterranean favorite, providing plenty of heart-healthy omega-3 fatty acids as well as being a great source of protein

Servings: 4

Ingredients

- ¾ cup currants
- 4 salmon filets, skin on and pin-boned
- 1/3 cups olive oil
- 4 celery sticks, diced (keep leaves for garnish)
- ¼ cup pine nuts, roughly chopped
- 1/3 cup capers, plus 2 Tbsp of their brine
- 1/3 cup large green olives, pitted and diced
- 1 good pinch of saffron threads, mixed with 1 Tbsp hot water
- 1/2 cup fresh parsley leaves, coarsely chopped
- 1 tsp finely grated lemon zest
- 1 tsp freshly squeezed lemon juice

Directions

- Cover the currants with boiling water and set aside to soak for 20 minutes while you prep the salmon and make the salsa
- Mix the salmon with 2 tsp oil, ½ tsp salt and a good grind of pepper. Set aside while you make the salsa.
- Put 2-3 Tbsp olive oil into a large sauté pan and place on high heat. Add the celery and pine nuts and fry for 4-5 minutes, stirring frequently, until the nuts begin to brown (don't take your eye off them, as they can easily burn). Remove the pan from the heat and stir in the capers and their brine, the olives, saffron and its water and a pinch of salt. Drain the currants and add these, along with the parsley, lemon zest and lemon juice. Set aside.
- Put the remaining 1 tbsp of oil into a large frying pan and place on a medium high heat. Once hot, add the salmon filets, skin side down, and fry for 3 minutes, until the skin is crisp. Reduce the heat to medium, then flip the fillets over and continue to fry for 2-4 minutes (depending on how much you like the salmon cooked). Remove from the pan and set aside.
- Arrange the salmon on four plates and spoon over the salsa. If you have any celery leaves reserved, scatter these on top.