

Pan-fried salmon with watercress mayo and chargrilled asparagus

Serves 4

Ingredients

For the watercress mayonnaise

- 2 handfuls watercress, leaves picked
- 2 free-range egg yolks
- 1 tsp white wine vinegar
- ½ tsp mustard powder
- 1 tsp salt
- 1 lemon, juice only
- 200ml/7fl oz rapeseed or light olive oil
- sea salt and freshly ground black pepper.

For the salmon

- 4 x 175g/6oz salmon fillets
- 25g/1oz butter
- 3 tbsp olive oil
- 20 asparagus spears, trimmed
- 1 bunch watercress, leaves picked
- 1 lemon, cut into 4 wedges

Preparation method

1. For the watercress mayonnaise, bring a pan of water to the boil, add the watercress and cook for one minute.
2. Drain the watercress, refresh in iced water and then squeeze out the excess liquid.
3. Place the egg yolks, vinegar, mustard, salt and lemon juice into a food processor.
4. Blend to combine then, with the motor still running, gradually add the oil. Continue until all of the oil has been added and the mayonnaise has thickened. Add the blanched watercress and blend until well combined. Season with salt and freshly ground black pepper and set aside.
5. For the salmon, season the fish with salt and a little freshly ground black pepper.
6. Heat a frying pan until hot, add the butter and a little olive oil and cook the salmon for two minutes on each side or until just cooked through. Remove from the pan and rest for 2-3 minutes.
7. Toss the asparagus with the remaining olive oil, salt and freshly ground black pepper.
8. Heat a chargrill or griddle pan until very hot, add the asparagus and char on each side for 45-60 seconds, or until just tender.
9. To serve, place the salmon onto the plates with a pile of asparagus alongside. Garnish with a little pile of watercress leaves, a dollop of mayo and wedge of lemon.

