

**Crispy skinned salmon with wasabi yoghurt** served on a bed of baby spinach and rocket with hasselback potatoes.

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Serves four.

4 Salmon fillets  
2 teaspoons of avocado oil  
4 tablespoons of yoghurt  
1 teaspoon of wasabi  
1 lemon  
500gm spinach  
1 bunch of rocket  
8 Jersey Bennes potatoes or similar (new waxy potatoes) – medium size you don't want them too big  
150 grams of butter softened  
Good quality parmesan cheese, grated.

For the potatoes

Preheat oven to 200C. Scrub the potatoes and decide which side you want to be presented, cut a little of the bottom of the potato so they sit flat and with a sharp knife cut through the potato at 1 mm intervals – make sure you do not cut all the way through the potato. Brush the potatoes generously with butter, season and put in the oven for half an hour. After 1 minutes brush again generously with butter. Once cooked though remove from the oven and sprinkle with grated cheese.

Once the potatoes are in the oven, mix the yoghurt with the wasabi and juice of half the lemon, season with little salt and pepper. Set aside.

Rub the skin of salmon fillet with salt and season the top with salt and pepper. Heat fry pan until very hot, add a little avocado oil and place the salmon skin side down in the pan and sear. Using your fingers gently push the middle of the fillet onto the pan to ensure it gets the some colour and crunch, reduce the heat a little and cook the skin until crispy, then flip the fillets to sear the top side at the last minute, salmon is best served rare to medium rare so be careful not to over cook it.

In another pan heat 50 grams of butter add the baby spinach and rocket. Add the remaining lemon juice, season, and toss until wilted.

Place on warm plates, put the salmon on top and finish with a dollop of wasabi yoghurt and the hasselback potatoes.