

Salmons

in a parmesan crust



Main course

Nutrition value

Energy	285 kcal
Carbohydrates	6 g
BE	0.5
Protein	14 g
Fat	23 g
Potassium	230 mg
Phosphate	252 mg
Sodium	225 mg
Water	103 ml

All nutritional information per serving.
This corresponds to 1/4 of the total recipe.

Ingredients to serve 4

2 eggs	1/2 TSP of finely chopped chili pepper
100 g finely grated parmesan	1 TSP of sugar
4 x 60 g skinless salmon filets	1 pinch of salt
1 TBSP of flour	8 basil leaves
1/2 red onion, cubed finely	4 cherry tomatoes, vine leaves still attached for garnishing
5 TBSP olive oil	
200 ml peeled tomatoes (canned)	

The salmon ...

Mix the eggs and parmesan. Dredge the salmon in flour first and then in the egg-parmesan coating. Heat a non-stick pan and place the breaded portions of salmon into it. Sear until golden brown.

The sauce ...

Sweat the onion in 5 tablespoons of olive oil, add the peeled tomatoes, reduce the heat and simmer for 5 minutes. Season to taste with chili cubes, sugar and salt. Cut the basil into fine strips and add just before serving.

Place the cherry tomatoes into a hot oven for 10 minutes until they burst open. Plate with the fish as a garnish.

