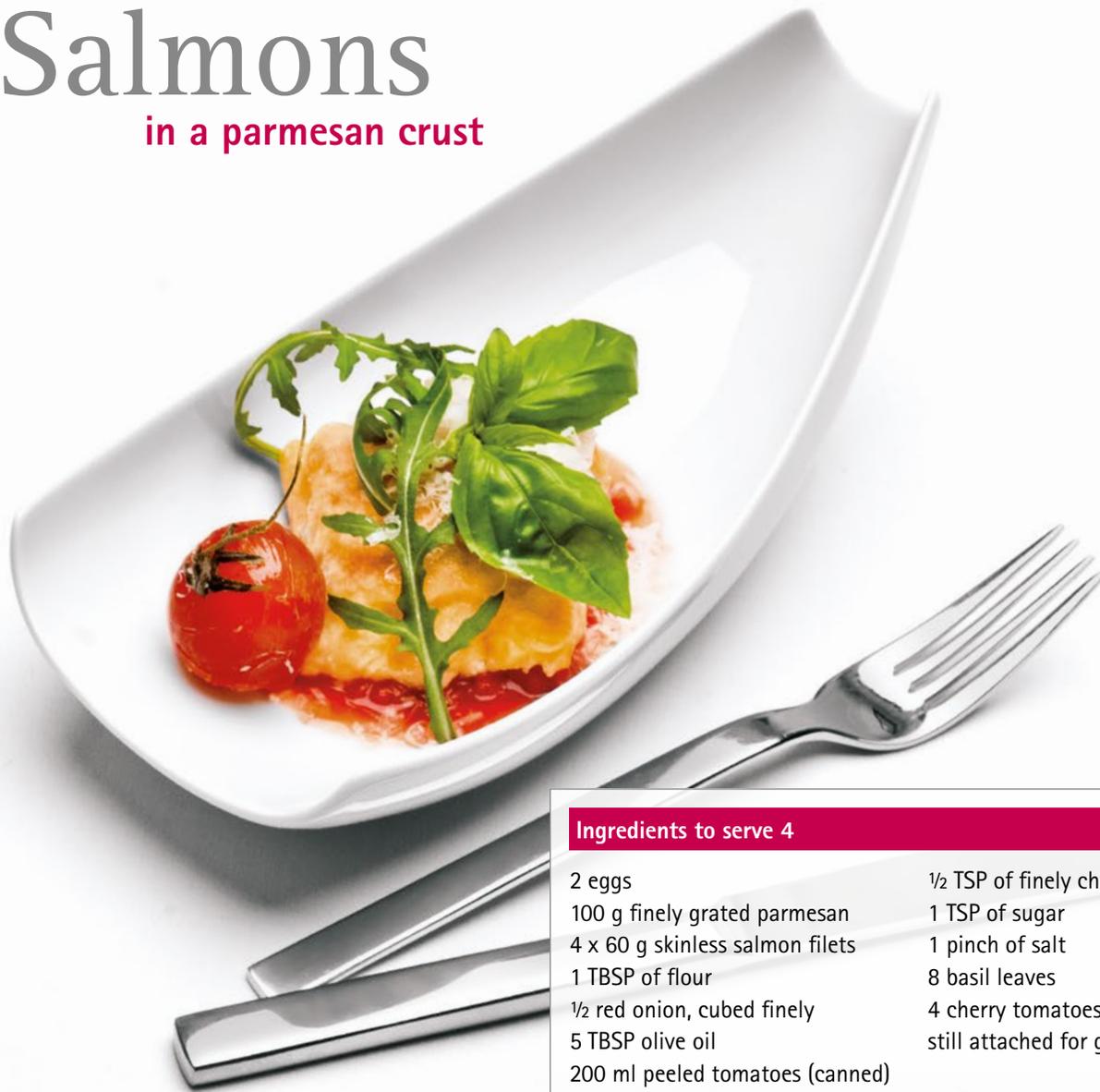


# Salmons

## in a parmesan crust



### Ingredients to serve 4

2 eggs	½ 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
½ red onion, cubed finely	4 cherry tomatoes, vine leaves still attached for garnishing
5 TBSP olive oil	
200 ml peeled tomatoes (canned)	



Main course

### 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.

