



Poached herb-stuffed salmon fillets

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Salmon is really good for poaching – just make sure the fillets are quite thick so they don't break when you take them out the pot.

Serves 2

a few sprigs of fresh dill and fennel

2 salmon fillets, skin on

salt and freshly ground black pepper

a small knob of butter

a chopped clove of garlic

a wineglass of white wine

300 ml chicken stock

a small handful of yellow and green beans

6 baby carrots

a handful of peas

aioli

Chop the dill and fennel roughly, putting a few sprigs aside for later. With a sharp knife, make a couple of slashes in the skin of the each piece of salmon and stuff the slit with the chopped herbs. Season well with salt and pepper and put to one side.

Melt the butter in your TEFAL stewpot and add the garlic. Let it sizzle for a few seconds, then add the wine and let it boil until it reduces by half.

Add the stock and bring back to the boil. Add the beans and carrots, boil for 1 minute, then add the salmon pieces, pushing the vegetables aside to make sure the salmon is submerged in the liquid. Bring back to the boil and simmer very very gently for 5 minutes. Add the peas and simmer for 2 minutes more.

To serve, gently lift the salmon fillets out with a fish slice and put one on each plate. Scoop the vegetables out with a slotted spoon and arrange them over the cooked salmon. Pour a little of the cooking liquid over the top, scatter with the remaining herbs and serve with a blob of aioli.

Feel free to serve with plenty more fresh herbs and aioli.

Jamie Oliver
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