



Pan roast salmon with green and white asparagus and rosemary wrapped in bundles with pancetta and red and yellow cherry tomatoes

The lovely thing about this recipe is that everything in the pan takes the same time to cook. Try to get the salmon cut no more than 2.5cm thick or it might need a little longer.

Serves 2

16 spears of asparagus – green or white or a mixture of both	sea salt and freshly ground black pepper
2 sprigs of fresh rosemary	olive oil
6 slices of pancetta	a handful of red and yellow cherry tomatoes
2 thin salmon fillets, weighing around 200g each	a small handful of Kalamata olives
½ a lemon	

**Jamie Oliver**  
PROFESSIONAL SERIES

by **TEFAL**

Preheat your non-stick Tefal frying pan until the Thermo-Spot turns solid red.

Snap the woody bottoms off the asparagus spears and divide the tops into 2 bunches. Add a sprig of rosemary and wrap each bunch up in 3 slices of pancetta to form a neat bundle.

Season the salmon steaks with sea salt and freshly ground black pepper and drizzle with a splash of olive oil. Place the salmon in the hot pan with the cherry tomatoes, the olives and the two bundles of asparagus and fry on each side, turning the asparagus over in the pan from time to time so that the pancetta and salmon brown evenly.

By the time the salmon's cooked, the pancetta should be lovely and crisp, the asparagus just cooked and the cherry tomatoes softened and bursting with sweet sticky juices. Squeeze the lemon over the whole dish to finish off, and tuck in!