



CHARDONS

Oven Baked Salmon/Vegan Courgette

Serves: 10 Persons/2 Persons



Regular



Vegetarian/Vegan

Recipe Ingredients

Salmon

1 fillet Salmon fillet per person - MUST BE DEFROSTED THE NIGHT BEFORE
Salt, pepper, paprika and veg oil

Stuffed Courgette (Vegan Option)

1 Courgette - cut lengthways and de-seeded
1 tbsp Frozen onions
Pinch Frozen garlic
1 Tomato
2 tbsp Chickpeas, washed and drained
1 tsp Vegetable stock /**Not suitable for GF**
Pepper and parsley

Sides

3 balls Dried tagliatelle per person/**Gluten free pasta**
1kg Green beans
1 tbsp Pesto sauce

Concasse

300g Frozen sliced onions
1tbsp Frozen garlic
500g Frozen mushrooms
1tsp Mixed herbs
1tbsp Plain flour/**Gluten Free Flour**
200ml Red wine
2 small tins Chopped tomatoes
1 tin Black olives
2tbsp Brown sugar

Salsa Verde This quantity makes a large bottle to last 2 weeks

1 small jar Capers, drained
½ bunch Mint leaves
½ bunch Coriander
1 tbsp Chopped parsley
Lemon juice and pepper
Olive oil



Morning preparation

9:00am

307. Once the cake is in the oven.
308. Make the concasse - fry the onions, garlic, mushrooms, mixed herbs, salt and pepper in a medium saucepan with the oil for 10-15 minutes until soft, keeping the pan on a high heat.
309. Meanwhile, make the salsa verde by blending all the ingredients in a food processor, gradually adding olive oil until it is smooth and runny.
310. Season and pour into a squeeze bottle and leave on the side for the evening.
311. Once the concasse onions are soft, add the flour/**gluten free flour** and continue cooking for 2 minutes, stirring continuously.
312. Add the wine and stir to combine with the flour.
313. Add the tinned tomatoes, olives, and sugar, then bring back to the boil and simmer on a medium heat for 30-40 minutes to cook down.
314. Season to taste and leave covered on the side.

10.30am

315. Remove salmon fillets from the vacuum pack and place in a colander, in a glass bowl, to drain any excess water. Cover and leave out of sight of guests.
316. Take vegan stuffing off the heat.

10.45am

317. Place frozen green beans in a small saucepan and cover them with water. Leave the pan on the side.

Evening preparation

5:30pm (When the stuffed peppers have been prepared).

318. Prepare the **vegetarian/vegan** main course option.
319. Place onions, garlic and a splash of vegetable oil on a medium heat and cook for 2-3 minutes.
320. Add deseeded and diced tomatoes and continue cooking for a further 2 minutes.
321. De-seed and season the courgette.
322. Roast in a hot oven for 2 minutes.



CHARDONS

- 323. Add washed chickpeas, vegetable stock, pepper and parsley.
- 324. Taste the seasoning, and when ready, take off the heat.
- 325. Remove the courgette from the oven, checking that it is cooked through.
- 326. Using a teaspoon, stuff the courgette with the tomato and chickpea mixture. Leave on the side ready to be warmed up later.

6:00pm

- 327. Ready the salmon fillets for roasting. Using a sharp knife, remove the skin (see video) and pat dry with white roll, making sure all the fish scales are removed.
- 328. Place the salmon fillets in a baking tray lined with greaseproof paper and season well with salt, pepper, paprika and oil on both sides.

7:00pm

- 329. Add salt to the pan of green beans and put on a high temperature. Bring to the boil and simmer for 2-3 minutes.
- 330. Take off the heat then drain and put in a glass bowl.
- 331. Season with salt, pepper and cover with cling film.

7.10pm

- 332. Add a good splash of vegetable oil to a large pan of hot water and place on a high heat, bringing to the boil.
- 333. Check on the bacon.
- 334. Warm the concasse on a medium heat.

7.25pm

- 335. Drop the pasta into boiling water once the starters have been served. It should take 3-4 minutes to cook.
- 336. Put salmon fillets on the middle shelf of the oven and roast at 180°C for 12-15 minutes.
- 337. Heat up the green beans in the microwave for 3-4 minutes.
- 338. Once the pasta is cooked, drain well, return to the pan and mix in the pesto sauce.
- 339. Turn the oven off and put the brownie in.

To Serve

- 340. Before serving, add a handful of chopped parsley to the concasse and mix well.

The logo for CHARDONS features a stylized blue arch above the brand name. The arch is composed of two curved lines meeting at a peak, with a white triangle inside. Below the arch, the word "CHARDONS" is written in a clean, black, sans-serif font, with wide letter spacing.

CHARDONS

341. Add a twisted tong full of pesto tagliatelle just off the centre of the plate, so it is in a neat pile.
342. Then add a tong of green beans right next to the pasta and place the salmon or courgette across both.
343. Ladle the concasse across the top of the salmon and decorate the plate with a swirl of salsa verde.

CHEF'S TIPS

- ★ There should be enough salsa verde mix for two weeks if kept in the fridge. The salsa is still good to use whilst it is green, but throw away when brown.
- ★ Adding oil to the water will stop the pasta from sticking together whilst cooking.