



CHARDONS

DAY 4 - MAIN COURSE

Pan fried fillet of salmon on a bed of tagliatelle with a concasse, green beans and Salsa Verde

(S), (LF), (GF), (NF)

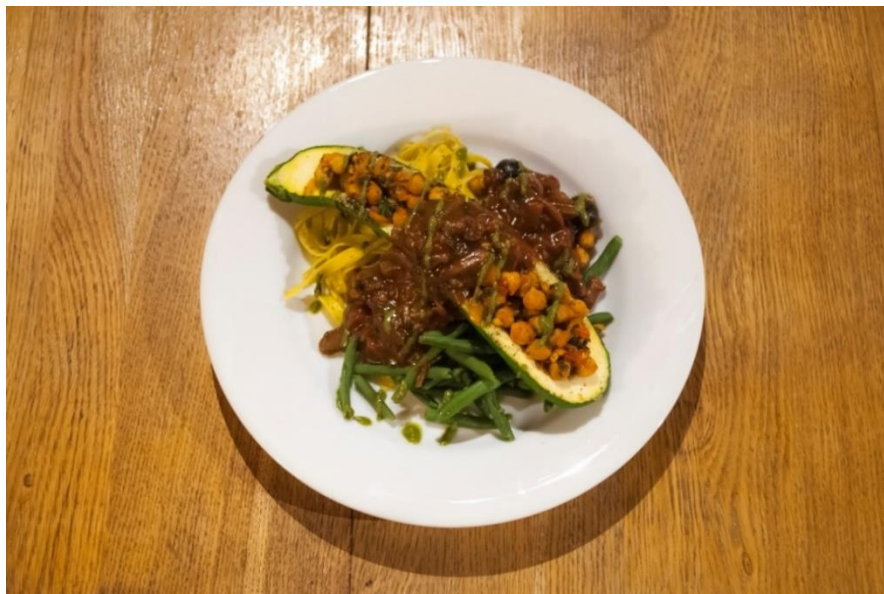
Stuffed Courgette on a bed of Tagiatelle with a tomato concasse, green beans and salsa verde

(V), (VG)

Serves: 10 Persons/2 Persons



Vegitarian/Vegan





Recipe Ingredients

Salmon

- 1 Salmon fillet per person - MUST BE DEFROSTED THE NIGHT BEFORE AT THE BOTTOM OF YOUR FRIDGE
- 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/(GF) pasta
- 1kg Green beans
- 1 tbsp Pesto sauce Not suitable for (VG), (NF)

Concasse

- 300g Frozen sliced onions
- 1tbsp Frozen garlic
- 500g Frozen mushrooms
- 1tsp Mixed herbs
- 1tbsp Plain flour/(GF) Flour
- 200ml Red wine
- 2 small tins Chopped tomatoes



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- 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

1. 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.
2. Meanwhile, make the salsa verde by blending all the ingredients in a food processor, gradually adding olive oil until it is smooth and runny.
3. Season and pour into a squeeze bottle and leave on the side for the evening.
4. Once the concasse onions are soft, add the flour/**(GF)** flour and continue cooking for 2 minutes, stirring continuously.
5. Add the wine and stir to combine with the flour/**(GF)** flour.
6. 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.
7. Season to taste and leave covered on the side.

10.30am

8. 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.

10.45am

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



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Evening preparation

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

10. Prepare the (V) & (VG) main course option.
11. Place onions, garlic and a splash of vegetable oil on a medium heat and cook for 2-3 minutes.
12. Add deseeded and diced tomatoes and continue cooking for a further 2 minutes.
13. De-seed and season the courgette.
14. Roast in a hot oven for 2 minutes.
15. Add washed chickpeas, vegetable stock, pepper and parsley.
16. Taste the seasoning, and when ready, take off the heat.
17. Remove the courgette from the oven, checking that it is cooked through.
18. Using a teaspoon, stuff the courgette with the tomato and chickpea mixture. Leave on the side ready to be warmed up later.

6:00pm

19. Prepare 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.
20. 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

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

7.10pm

24. Add a good splash of vegetable oil to a large pan of hot water and place on a high heat, bringing to the boil.
25. Warm the concasse on a medium heat.

7.25pm

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



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To Serve

30. Before serving, add a handful of chopped parsley to the concasse and mix well.
31. Add a twisted tong full of pesto tagliatelle just off the centre of the plate, so it is in a neat pile.
32. Then add a tong of green beans right next to the pasta and place the salmon or stuffed courgette across both – see **(V)**, **(VG)** option
33. Ladle the concasse across the top of the salmon/courgette if VG/V Option and decorate the plate with a swirl of salsa verde.

Chef's Tips

1. 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.
2. Adding oil to the water will stop the pasta from sticking together whilst cooking.

Dietaries

(NF) – Do not mix the pesto into the pasta as pesto contain pine nuts. Just dress your pasta with a little olive oil and season with salt and pepper.

(LF) – Do not mix the pesto into the pasta as pesto contains dairy (parmesan cheese). Just dress your pasta with a little olive oil and season with salt and pepper.

(GF) – if you have a gluten free guest please use gluten free flour to thicken the sauce and also gluten free pasta.

(V), **(VG)** – for Vegetarian and Vegan Guests serve the **(V)**, **(VG)** main with the pasta/gluten free pasta along with the tomato concasse, green beans, and salsa verde.