

Baked Salmon with Artichoke & Fennel Stir Fry



R & J Mazza
GLOBE ARTICHOKES

Ingredients

2 pieces of salmon (150g-200g each),
Lemon juice,
1 clove garlic, chopped finely,
¼ cup parsley, chopped,
½ teaspoon Sumac*,
Salt & cracked pepper to taste

2 tablespoons olive oil,
½ large brown onion, sliced,
2 cloves garlic,
1 Large fennel bulb, sliced,
150g artichoke hearts, sliced,
1 tablespoon fresh ginger, grated,
Salt & cracked pepper, to taste



How to Prepare

1. Heat oven to 180oC.
2. Place salmon pieces on a baking tray. Squeeze lemon juice on the salmon. Sprinkle with salt, pepper and Sumac. Add garlic and cover with parsley. Bake in oven for 15-20 minutes, or until cooked.
3. Heat oil in a pan over medium-high heat. Add onion and garlic. Sauté until soft. Add remaining ingredients and stir fry until cooked.
4. When salmon is ready (do not over-cooked or it becomes too dry), place on serving place and add artichoke & fennel stir fry as a side.

Serves 2

*Sumac is a purple spice which adds a tangy, lemony flavour similar to lemon, but less tart. It pairs well with dishes that normally include lemon or lime, while also adding a beautiful colour to your dish.

