

# Salmon with Zucchini Flower Salsa and Spring Vegies

Ain't this just the purtiest little dish! Pan seared salmon topped with a tangy caper and zucchini flower salsa and served with crisp veg will not just put spring on the plate but will most certainly put a spring in your step!!

Serves 2

1 tbs of olive oil  
2 x 200gm skinless and boneless salmon fillets  
1 bunch of broccolini, bottoms trimmed and halved  
1 bunch of asparagus, woody ends trimmed and halved  
4 button squash, sliced  
1 small red onion, peeled and finely diced  
1 tbs of baby capers  
4 zucchini flowers, sliced finely  
1 tbs of continental parsley, finely chopped  
1 tbs of lemon juice  
1/4 cup of white wine  
Sea salt and cracked pepper  
Extra virgin olive oil for drizzling

Heat a large pan and add the olive oil. Pan fry the veg until just tender and lovely and vibrant in colour. Pop them on a plate, cover loosely with foil and set aside.

Season the salmon with salt and pepper on both sides and fry in the same pan for approximately 4 minutes either side or until medium. Set aside and cover loosely with foil to keep warm.

Add a little more oil to the same pan and fry the onion and capers until the onion is translucent. Make sure the pan is nice and hot and add the zucchini flowers, lemon juice and white wine. Reduce for approximately one minute before stirring through the chopped parsley.

To plate the dish, divide the vegies evenly between two plates. Top with a piece of salmon and divide the salsa over the top. Drizzle with a little extra virgin olive oil, season with a little salt and pepper and indulge in a lovely, light seasonal dish that would pair extremely well with a Pinot Gris!