

Baked king salmon, yoghurt dressing with melon and pomegranate salad

By Michael Meredith

1 hour, 30 minutes

Preparation time

30 minutes

Cooking time

10

Serves



INGREDIENTS

Salmon

1 teaspoon finely grated lemon zest
1 teaspoon finely grated orange zest
1 x 1kg side salmon, pin-boned, skin on
Olive oil for brushing
50g salt

Yoghurt and tahini dressing

170g natural yoghurt
3 tbsp tahini
1 clove garlic, crushed with 1 tsp sea salt
50g coriander leaves, very finely shredded
1 long red chilli, seeded and very finely diced
½ teaspoon ground sumac
Juice of 1 lemon

Melon and pomegranate salad

1 cup pistachio kernels
400g baby cucumbers, unpeeled, diced
200g green seedless grapes, halved
1 small bulb fennel, thinly cut
1 small red onion, thinly sliced then washed in cold water
½ radicchio lettuce broken
300g watermelon, diced
½ cup (loosely packed) mint, shredded
2 tbsp pomegranate seeds
Juice of ½ lemon
2 tbsp extra-virgin olive oil
Salt and pepper
160g shaved halloumi
Watercress to garnish

METHOD

Yoghurt and tahini dressing

1. Mix all ingredients together and set aside.

Salmon

1. Combine the lemon and orange zest.
2. Brush the salmon with olive oil and season all over with salt and citrus mix. Cover and refrigerate for 45 minutes.
3. Preheat oven on Fan Plus at 100°C.
4. Remove salmon from the refrigerator and allow it to come to room temperature.
5. Wrap the salmon in baking paper and place skin side down on a baking tray.
6. Place in the oven on shelf position 2 and bake for 10 minutes.
7. Remove from the oven and turn the salmon skin side up.
8. Return to the oven for a further 10 minutes.
9. Remove from the oven and leave to rest on the tray for 10 minutes.
10. Unwrap and discard the paper. Peel away the skin, then gently scrape away all of zest.

Melon and pomegranate salad

1. Pre-heat oven on Fan Plus at 160°C.
2. Scatter pistachios on a baking tray and roast, shaking occasionally, until just golden, 5-10 minutes.
3. Remove pistachios from the oven, and allow to cool before coarsely chopping. Set aside.
4. Combine cucumbers, grapes, fennel, onion, lettuce, melon and mint in a bowl.
5. Add pomegranate seeds, drizzle with lemon juice and olive oil, season to taste and gently toss.

To serve

1. Place salmon on a large platter, spoon dressing on top, then gently place salad on top.
2. Add pistachio and shaved halloumi, then watercress and serve at room temperature.