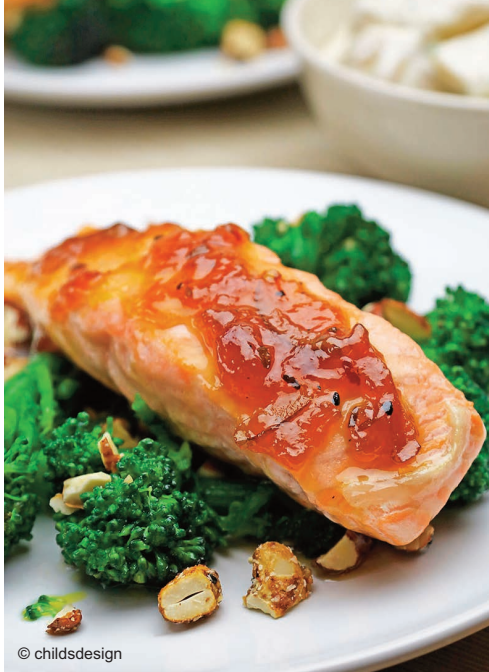




Spicy Marmalade Glazed Salmon



Ingredients (serves 2)

- 2 salmon fillets, skinned, each weighing 100g
- 1 tbsp cold pressed rapeseed oil
- 2 tbsp Spicy Orange, Lemon & Lime Marmalade
- 250g purple sprouting broccoli
- 60g Honey Roasted Mixed Nuts, coarsely chopped

Method

Heat the oil in a frying pan over a medium heat. Add the salmon, presentation side uppermost and fry for 2 minutes.

Spoon over a tablespoon of Spice Orange, Lemon & Lime Marmalade over each salmon fillet.

Finish cooking by placing the pan of salmon under a preheated grill for another 2 minutes or until the salmon is cooked through.

For the purple sprouting broccoli, trim off any hard ends from the stalks along with any tough leaves. Bring a large pan of salted water to the boil and put in the broccoli, bring back to a simmer and cook for 3-4 minutes. Drain thoroughly.

Arrange the purple sprouting broccoli on to plates, scatter over the nuts. Place the salmon on top, spooning over any sticky marmalade juices.