

Salmon with Peppers

Ingredients

For 6 people:

1.2 kg of salmon (if possible pieces of skinless and boneless salmon, this can be frozen salmon, no need to defrost it before: just take it out when starting the recipe)

5 or 6 peppers

Olive oil

Espelette pepper

2 tablespoons of honey

Salt, pepper

3 tablespoons of sesame seeds (or sesame coated with Wasabi)

Optional: a dab of Wasabi

Preparation

1. Cut the peppers into small cubes.
2. Preheat the oven to 200°C
3. Brown the peppers in a frying pan with the olive oil, salt, pepper and Espelette pepper. Cook for about 10 minutes, stirring occasionally.
4. At the end of cooking, add the honey and Wasabi
5. In an ovenproof dish, spread the peppers, and place the pieces of salmon on top.
6. Sprinkle with sesame.
7. Bake for 15 to 20 minutes depending on the thickness of the pieces (and if the fish is frozen).

Accompagnement

Rice.