

30 minutes (plus chilling time)

Serves 4

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Ingredients:

- Salt and milled pepper
- 4 (250g each) salmon portions, skin on
- 2 Tbsp (30ml) olive oil

Pickling liquid:

- 1 Tbsp (15ml) sesame oil
 - 2 spring onions, sliced
 - 2 red onions, sliced
 - 3 cloves garlic, sliced
 - 1cm knob ginger, peeled and sliced into matchsticks
 - 1 stalk lemongrass, chopped (optional)
 - 1 red chilli, sliced
 - 2½ cups (625ml) water
 - 1 cup (250ml) rice wine vinegar
 - ½ cup (125ml) sugar
 - 2 Tbsp (30ml) fresh coriander, chopped
 - Pinch chilli flakes
 - Juice (60ml) of 1 lemon or 2 limes
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- 1 packet (125g) sugar snap peas or mangetout
 - Salt and milled pepper
 - Lemon or lime wedges, for serving

Method

1. Heat a pan until nearly smoking.
2. Season salmon and drizzle with oil.
3. Grill fish, skin-side down, for 3 minutes per side.
4. Remove and set aside.
5. Heat sesame oil in a large pot and fry spring onions, red onions, garlic, ginger, lemongrass and chilli for 2-3 minutes.
6. Add water, vinegar and sugar and bring to a boil.
7. Simmer for about 5-10 minutes until reduced by half.
8. Add coriander, chilli flakes and lemon or lime juice.
9. Add sugar snap peas or mangetout.
10. Simmer for 2-3 minutes until vegetables are cooked. Season.
11. Cool slightly before pouring over fish.
12. Place fish in a single layer in a roasting pan.
13. Pour over pickling liquid and chill in fridge.
14. Serve fish with vegetables, pickling liquid and lemon or lime wedges on the side.

GOOD IDEA

For a crispier result, dust salmon fillets in flour and pan-fry until golden instead of grilling.

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