



# SALMONS

## IN A PARMESAN CRUST

### THE SALMON

Mix the eggs and parmesan. Dredge the salmon in flour first and then in the egg-parmesan coating. Heat a non-stick pan and place the breaded portions of salmon into it. Sear until golden brown.

### THE SAUCE

Sweat the onion in 5 tablespoons of olive oil, add the peeled tomatoes, reduce the heat and simmer for 5 minutes. Season to taste with chili cubes, sugar and salt. Cut the basil into fine strips and add just before serving.

Place the cherry tomatoes into a hot oven for 10 minutes until they burst open. Plate with the fish as a garnish.

### SERVES 4

- 2 eggs
- 100 g finely grated parmesan
- 4 x 60 g skinless salmon filets
- 1 TBSP of flour
- ½ red onion, cubed finely
- 5 TBSP olive oil
- 200 ml peeled tomatoes (canned)
- ½ TSP of finely chopped chili pepper
- 1 TSP of sugar
- 1 pinch of salt
- 8 basil leaves
- 4 cherry tomatoes, vine leaves still attached for garnishing

### Nutrition value

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Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
285 kcal	6 g	0.5	14 g	23 g	230 mg	252 mg	225 mg	103 ml