

# OLIVE OIL SEARED SALMON

CHICKPEA PUREE AND AN OLIVE AND MINT SAUCE VIERGE



PREPARATION: 20 MIN.



SERVINGS: 4

## INGREDIENTS

---

### BROTH

- 1 540 ml jar of 'Picuezo' chickpeas, rinsed and drained
- 15 ml (1 tbsp.) Lemon juice 'Quicklemon'
- 1/4 cup (60 ml) olive oil 'Mueloliva'
- 1 clove of chopped garlic
- 4 pieces of salmon, 150g each

### VIRGIN SAUCE

- 1/2 cup (125 ml) sliced 'Luxeapers' olives
- 15 ml (1 tbsp.) Luxeapers 'capers
- 1/2 cup (125 ml) cherry tomatoes, in half
- 15 ml (1 tbsp.) Mint leaves, coarsely chopped
- 30 ml (2 tbsp.) 'Venta Del Baron' olive oil

## INSTRUCTIONS

---

- 1) Using a food processor, crush the chickpeas with the lemon juice, 45 ml of olive oil and the chopped garlic until smooth (add water if necessary). Reserve.
- 2) Season the salmon steaks. In a skillet over medium heat, cook the salmon steaks in the remaining olive oil for 3-4 minutes per side, finishing with the skin side. Reserve.
- 3) Meanwhile, mix all the ingredients for the virgin sauce. Serve the salmon steaks on a bed of mashed chickpeas, garnished with the virgin sauce.



For more recipes, visit us online at [apextrades.ca](http://apextrades.ca)