

## Seared Salmon with warm ginger & lime dressing

4 x 175g (6oz) Salmon fillets, skin removed  
1 tbsp olive oil  
Salt and pepper to season



### Dressing

1 piece preserved ginger in syrup, chopped finely (or half piece root ginger, peeled and chopped)  
Rind and juice of 2 limes  
2 tbsp runny honey  
1 tbsp water

1. Heat the oil in a large frying pan or griddle pan and fry the salmon on both sides for 2-3 minutes per side until cooked through. Season the salmon.
2. Place the dressing ingredients into a small pan and heat gently until warmed through and the honey is melted.
3. Serve the dressing spooned over the salmon with new potatoes and seasonal vegetables.