



CHEF'S TABLE Shaun Rankin

Michelin Starred Chef &
Wester Ross Brand Ambassador
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Grilled Salmon with cauliflower, dill, lemon & edamame beans

PREP 10 minutes • **COOK** 10 Minutes • **SERVES** 2

The edamame beans alone in this recipe will amount to 20% of your daily protein and dietary fibre requirement.

INGREDIENTS

- 2 salmon fillets skin removed
- 1 tbsp. olive oil
- 1 cauliflower
- Freshly picked dill
- 1 tbspn of water
- 30 grams of butter
- 100 grams of cooked edamame beans out of the shell
- Lemon juice
- Black pepper & salt to taste

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METHOD

1. Pre-heat the grill.
2. Place the salmon fillets on a baking tray and season with black pepper, the olive oil and a squeeze of lemon juice.
3. Grill the salmon until cooked, for around 4-5 minutes.
4. Cut the cauliflower into quarters. You will only need one half for this recipe so store the rest in the fridge until needed (or double up and make this for 4!)
5. Using a standard kitchen grater, grate two quarters of the cauliflower as if it was for coleslaw size.
6. Place the grated cauliflower in a pan with the butter and water and cook until the water has evaporated but the cauliflower is still crunchy.
7. Add the cooked edamame beans and dill, finish the cauliflower with a squeeze of lemon and season with salt and pepper.
8. Serve immediately with the grilled salmon.

Shaun says:

“Eating healthy when you’re short of time need not be complicated and can still be nutritious, simple and quick.”