



PEIXE

Braised Salmon with tomato sauce

Since the Troika came to Portugal, this recipe makes even more sense. We're spending wedge after wedge.... But it's salmon. The salmon has had a long relationship with our country. One of our most beloved fish, it has been fleeing Norway for years, preferring to be devoured by this friendly nation. This recipe is perfect for those who love salmon, healthy food and simple and complete preparation. And in Portuguese, salmon even rhymes with Licor Beirão! There's the proof.

OCASION



Chic

DIFICULTY



Médio

PERSONS



4 Persons

PREPARATION TIME



30 Minutes

INGREDIENTS



4 wedges of boned, skinned salmon (200 g each)



Salt and pepper



1 bunch spring greens



800 g of red sweet potatoes

SAUCE



1 onion and 3 cloves of garlic



Salt and pepper



1 dl olive oil and 2 green tomatoes



1 bunch of chives



0.5 dl of Licor Beirão

PREPARATION

01

Season the wedges of salmon with salt and pepper. Sear the salmon in just its own fat in a non-stick pan until it forms a crust all around.

02

Meanwhile, bake the spring greens and sweet potatoes – cut into thick wedges – in boiling salted water for about five minutes.

03

For the sauce , sauté the chopped onion and garlic in olive oil. Add the diced, seeded tomatoes, and drizzle with Licor Beirão. Season with salt and pepper and cook until the tomatoes soften.

04

Mix in some of the chopped chives. Drain the greens and potatoes. Arrange the greens on a serving plate and place the fish on top. The salmon is king in this recipe and therefore sits higher than the rest.

05

Place the potatoes around and drizzle with the sauce. Sprinkle the remaining chopped chives over the dish and then serve it up, because everyone's mouth will be watering. With added Licor Beirão.

