

# Crispy Skin Salmon with Red Pepper Sauce



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with Omega-3**

**Master Fish Merchants' Association of Australia**

# Crispy Skin Salmon with Red Pepper Sauce

Serves 4

- 4 Atlantic salmon portions (alternatively use ocean trout, king salmon or your favourite white fish)
- Olive oil
- Salt and pepper
- Lemon, cut into wedges

## Red Pepper Sauce

- 1 cup jarred roasted red peppers (capsicum), drained and chopped
- 1 ripe medium tomato, chopped
- ½ teaspoon smoked paprika
- Salt and pepper to taste
- 2 tablespoon olive oil

- For sauce, blend red peppers, tomato, paprika and olive oil in a food processor until smooth. Add salt and pepper to taste.
- Pat fish dry with paper towel, add a small amount of oil, salt and pepper to the skin side only.
- Using a non-stick fry pan cook fish skin side down on a medium high heat for 5 minutes. Use a spatula to hold fish down to ensure the skin is in contact with the fry pan.
- Turn fish and continue cooking on a medium heat until just cooked.
- Serve fish with red pepper sauce, your favourite salad and a wedge of lemon.



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Healthy catchments and  
healthy oceans for sustainable,  
quality Australian seafood

