

Herb Crusted Salmon Strips with Tomato Basil Sauce

Ingredients

500g Salmon fillet, skinless
1 cup Breadcrumbs
1/4 cup Fresh parsley, chopped
¼ cup Fresh basil, chopped
4 cloves Garlic, minced
Lemon zest Zest from one lemon
Salt to taste Pepper
½ cup Grated Parmesan cheese
2 Eggs, beaten
¾ cup Olive oil ¼ cup for salmon and 1 tbsp for sauce
2 cups Canned crushed tomatoes
1 tsp Sugar

Method

- Preheat the oven to 200°C.
- In a bowl, combine breadcrumbs, parsley, basil, minced garlic, lemon zest, Parmesan cheese, salt, and pepper.
- Dip each salmon strip into the beaten eggs, allowing excess to drip off.
- Coat the salmon strips in the breadcrumb mixture, pressing lightly to adhere.
- Heat ¼ cup of olive oil in a large oven-safe skillet over medium heat.
- Add the salmon strips and cook for about 2-3 minutes on each side until golden brown.
- Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork.
- In a saucepan, heat 1 tbsp. of olive oil over medium heat.
- Add minced garlic and sauté until fragrant, about 1 minute.
- Pour in the crushed tomatoes and stir in the sugar, basil, salt, and pepper.
- Simmer for 15-20 minutes, allowing the flavours to meld together. Stir occasionally.
- Plate the herb-crusted salmon strips and drizzle with warm tomato basil sauce.
Garnish with additional fresh basil if desired.

