
James Barber's Pan Roasted Salmon with Sweet Peppers and Garlic

A colourful vegetable mixture accompanies succulent steaks for a quick and easy dish.
Great with steamed rice.

2	Salmon steaks	2
1 Tbsp	olive oil	15 mL
2	medium red or yellow sweet peppers (or combination), coarsely diced	2
3	cloves garlic, thinly sliced	3
1 Tbsp	wine vinegar	15 mL
1/3 cup	dry white wine	80 mL
1/2 Tsp	dried thyme	2mL
	pinch cayenne pepper	
	salt and pepper	
	chopped fresh parsley	

Heat the oil in a large frying pan and sauté the peppers and garlic over high heat for 1 minute, stirring constantly. Add the vinegar, cook 1 minute more, still stirring. Push the peppers to the side of the pan, lay in the salmon, and cook 30 seconds, then turn over. Add wine. Sprinkle the thyme, cayenne, salt and pepper, and spoon peppers over salmon. Put the lid on the frying pan and cook over medium heat for 6 minutes or until salmon flakes when fork-tested. Sprinkle with parsley and serve.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2