



# Basil-Wrapped Salmon and Zucchini Pesto Tagliatelle

NIBBLEDISH CONTRIBUTOR

## Ingredients

**\*\*For the zucchini pesto\*\*** - 1 zucchini, sliced - 1 red chilli, de-seeded - 2 cloves garlic, peeled and whole - handful of basil leaves - squeeze of sun-dried tomato puree - olive oil - salt and pepper - juice of half a lemon **\*\*For the salmon\*\*** - one boneless, skinless salmon fillet - handful of basil leaves - olive oil - salt and pepper - juice of half a lemon

## Instructions

I made this "zucchini pesto" because I had a leftover zucchini, but actually it tasted pretty good. Wrapping the salmon in basil is a really healthy method of poaching the fish whilst giving it a flavour kick. First, make the pesto. 1. Brush the zucchini slices, garlic and chilli with olive oil. Grill or griddle on a low heat until they have softened and have a little colour. 2. Blitz the above in a blender. Add the basil leaves, tomato paste and lemon juice. Blitz. Season with salt and pepper to taste and add olive oil to your preferred consistency. This makes enough for at least 2 servings. Simply stir it into cooked pasta. Poach the salmon. 1. Score and season the salmon with salt and pepper. Lay a large piece of cling film on a clean work surface. Drizzle the center with olive oil and lay some basil leaves flat - enough for the salmon to lie on. 2. Put the salmon on top of the bed of basil. Lay more basil on top of the salmon and drizzle with olive oil. Squeeze over the lemon juice. 3. Wrap the salmon in the cling film tightly to create a beautiful green parcel. Put some water on the boil. 4. Keep the water gently simmering and lower the parcel into the water. It will need 10 - 15 mins, depending on the thickness of your salmon fillet. 5. Remove from the water and let cool for a minute. Unwrap the parcel carefully so as not to pull off any basil leaves. Let the fish rest for another minute. Get a sharp knife, slice and serve.