



Chilli, Ginger & Lime Salmon

NIBBLEDISH CONTRIBUTOR

Ingredients

- Boneless salmon fillets. I prefer mine with the skin still on.
- 1 x red chilli.
- 1 x green chilli.
- 3/4 inch of fresh ginger stalk.
- Rock salt.
- Ground black pepper.
- 1x Lime.

Instructions

Serves 2.

I serve this with my [Garlic and Basil Fettucine](#) (prepare this first) to take the edge of the chilli if needed.

1. Deseed and finely chop the chilli's. Set aside.
 2. Peel and finely chop the ginger. Set aside.
 3. Crack a generous amount of black pepper onto your preparation surface.
 4. Place salmon skin side down onto the pepper and move around rubbing all the pepper into the skin.
 5. Crack more pepper on the flesh side of the salmon and rub in.
 6. Half the lime, use one half to squeeze lime juice over the salmon fillets. Rub this in with your hand.
 7. Mix the chilli and ginger together and press into the top (fleshy side) of your salmon fillets.
 8. Top with a sprinkling of rock salt.
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9. Heat a griddle pan (no oil) to maximum heat.
 10. Place salmon skin side down into the pan, reduce heat to approx 1/2 or 2/3.
 11. Once the fillets are cooked half way up (flesh will change colour), flip over and let finish. Do not turn or move the fillets if you can.
 12. You should be left with nicely seared fillets, all the chilli and ginger should still be there. Use the remainder of the lime as garnish or squeeze extra juice on to your taste.
 13. Plate up and serve.