

## Salmon with Aniseed Myrtle, Zucchini & Rocket

**Aniseed myrtle is readily available from gourmet grocers, and marries well with salmon. Peppery rocket is an ideal way to include bitter greens for a power boost.**

4 Atlantic salmon fillets  
8 leaves of spinach or Swiss chard  
2 large zucchini  
½ cup red capsicum, de-seeded  
4 cups rocket  
Roasted beetroot wedges, or grated  
slicers of fresh beetroot  
Segments of lemon brushed with a  
little honey and grilled  
Cold-pressed extra virgin olive oil

### **Marinade**

1 tsp aniseed myrtle, lemon myrtle  
or lemon grass  
1 red onion, very finely diced  
1 tbsp fresh fennel leaves  
100ml lemon or lime juice  
2 tbsp tamari

To make marinade, pound together the aniseed myrtle, onion and fennel. Add the lemon juice and tamari. Place salmon steaks and marinade in a glass or ceramic bowl and toss together. Refrigerate for at least 1 hour. Preheat oven to 200°C. Drain salmon and reserve marinade. Place salmon onto a baking tray and cook until almost firm, about 8-10 minutes depending on thickness of fish. Trim spinach of tough stalks, then blanch whole leaves in plenty of boiling water. Drain and keep warm. Using a mandolin or grater, cut zucchini and capsicum into long, pastalike strips, or cut finely. Blanch for 2 minutes, drain and keep warm. Toss with reserved marinade and rocket. Place spinach onto 4 plates, top with zucchini mix, then salmon. Decorate with beetroot and lemon and a drizzle of olive oil.

Serves 4

