



Ingredients:-

1 x salmon fillet

50g shelled king prawns

4 x cloves of crushed garlic

1 Tsp chilli flakes

1 Tsp sea salt

1/2 lemon

2 Tbsp olive oil

Method:-

(1) In a frying pan pour in 1 Tbsp olive oil

(2) Season the skin of the salmon with 1/2 a tsp of salt

(3) Place salmon skin-side down in a sizzling pan

(4) Cook for 2-3 mins on this side until the skin is nice and crispy

(5) Turn the salmon and cook for a further 2 mins, then take out of the pan and set it aside somewhere warm

(6) Add 1 Tbsp olive oil to frying pan and add in crushed garlic and the prawns

(7) After 2 mins add the chilli flakes and cook for a further 3 mins

(8) Turn off the heat and squeeze lemon juice into the pan

(9) Place prawns on top of salmon and serve with your choice of vegetables, or a well dressed salad and perhaps some crusty bread.

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