

## ORANGE POTATO MASH, SMOKED CUMIN WITH PAN-FRIED SALMON



**Serving:** 4

**Cooking Time:** 25 minutes

**Prep Time:** 30 minutes

### INGREDIENTS

- 2 potatoes

- 2 Tbsp olive oil
- 2 Tbsp cumin seeds
- 1 tsp chilli flakes
- 3 garlic cloves, roughly chopped
- 1 tsp orange zest
- **150g salmon fillet, skin on, thickly sliced**
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- 25g butter
- Juice of 1/2 a lemon
- Lemon wedges, for serving

## INSTRUCTIONS

1. Put a saucepan of salted water on the boil and cook the potatoes until you can easily push a knife through them. Drain the water from the saucepan.
2. Allow the potatoes to cool slightly, remove their skins and mash them to your preferred smoothness. Set aside and keep warm.
3. Heat the olive oil in a frying pan over a medium-high heat, add the cumin seeds, chilli flakes and garlic and fry until the garlic is just turning golden.
4. Mix the spiced oil and orange zest into the mashed potatoes. Set aside.
5. Melt the butter in a frying pan over a high heat.
6. Place the salmon skin-side down and fry for 2-3 minutes before turning and frying for a further 1-2 minutes or until cooked to your liking. Season well with salt and freshly ground black pepper and squeeze lemon juice over the top.
7. Plate the seared salmon over the smoked cumin and orange mashed potatoes and

serve with lemon wedges.