

Warm salad (Serves 2)

Ingredients:

2 fillets of salmon

270 grams of cherry tomatoes on the vine

150 grams of rocket

Parmesan shavings

Salt and pepper

For the dressing

1 big lemon (the juice and zest)

2-3 tbsp. of olive oil

Salt and pepper to taste.

Method

1. Heat the oven to 140°C and until warm. Place the cherry tomatoes on a tray and roast for about 45min. Set aside and keep warm.
2. Increase the temperature of the oven to a 160°C. Season the salmon fillets with salt and pepper and place on a tray, in the hot oven, for about 15 minutes.
3. Wash and remove the woody part of the asparagus stalks and quickly cook under a hot griddle pan. Set aside.
4. Mix the olive oil, lemon juice and zest, salt and pepper and let the flavours infuse for a few minutes.
5. On a long dish, arrange a bed of rocket and place the asparagus, roasted cherry tomatoes and the grilled salmon (cut into chunks) on top. Drizzle with the lemon dressing and decorate with the Parmesan shavings. Serve immediately.