



# SALMONS

## IN A PARMESAN CRUST

### THE SALMON

Mix the eggs and parmesan. Dredge the salmon in flour first and then in the egg-parmesan coating. Heat a non-stick pan and place the breaded portions of salmon into it. Sear until golden brown.

### THE SAUCE

Sweat the onion in 5 tablespoons of olive oil, add the peeled tomatoes, reduce the heat and simmer for 5 minutes. Season to taste with chili cubes, sugar and salt. Cut the basil into fine strips and add just before serving.

Place the cherry tomatoes into a hot oven for 10 minutes until they burst open. Plate with the fish as a garnish.

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### SERVES 4

2 eggs  
100 g finely grated parmesan  
4 x 60 g skinless salmon filets  
1 TBSP of flour  
½ red onion, cubed finely  
5 TBSP olive oil  
200 ml peeled tomatoes (canned)  
½ TSP of finely chopped chili pepper  
1 TSP of sugar  
1 pinch of salt  
8 basil leaves  
4 cherry tomatoes, vine leaves still attached for garnishing

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