

Biff's Amazing Salmon Fillet

This is a bit of a strange recipe because I'm having a moment with cooked (read microwaved soggy) vegetables. There's the main bit which we both enjoyed and there's the plain vegetables that Biff gets on with. For completeness I've added the salad nonsense that I am enjoying just at the moment. These sides are really irrelevant – serve the salmon with whatever you like. Which reduces this recipe to just a suggestion of how you might serve a salmon fillet. Of course, all recipes are mere suggestions – this was one way we both enjoyed.

Serves 2

Main Piece

- 3 teaspoons capers from a supermarket jar
- 4 anchovy fillets from a supermarket jar
- 2 boneless, skinless supermarket salmon fillets
- 1 cake Coles Thin Egg Noodles (Coles = supermarket)
- Sesame Seed Oil (from store cupboard bottle)
- 2 teaspoons Pickled Jalapeno Peppers
- Soy Sauce (from store cupboard bottle)

Biff's Side

- Handful of frozen peas
- Handful of frozen broad beans
- 1 ½ teaspoons Bisto Chicken gravy mix

Paul's Side

- Chopped lettuce
- Sliced pickled cucumbers
- Chopped pickled jalapenos
- Chopped sundried tomatoes
- Diced green and red peppers (just enough to add to this ensemble)
- Few teaspoons of some kind of salad dressing

Method

- Prepare Paul's Side and put it onto the side of a plate stirring to mix the dressing into the salad
- Prepare the vegetables in Biff's Side and put the bowl in the microwave ready to go
- Put the gravy mix into a small pot and set aside
- Boil the kettle (with some water in it!!)
- Preheat the oven to 180°C (fan-forced) with Biff's plate in a place to warm up
- Start a pan of boiling water
- Press the fluid from the capers in a kitchen towel
- Use the kitchen towel to drain excess oil from the anchovy fillets but don't take it all
- Chop the anchovies and capers together very finely almost to make a paste. If you've not left enough oil on the anchovies just add a spray of olive oil.
- Put the salmon fillets together on a piece of baking paper on a baking tray
- With a teaspoon spread the caper paste over the fillets as evenly as you can
- Put the tray with the fillets in the oven and set for 15 minutes

- Cook the egg noodles in the boiling water doing your best to separate them. When done after a minute or two drain in a sieve and drizzle with a few drops of sesame seed oil. Do your best to separate them! Keep the pan handy
- Finely chop the jalapeno peppers
- When your microwave's timing will meet the salmon finishing, set it to cook the frozen vegetables.
- Put the noodles back into the pan, sprinkle in the chopped jalapenos and splash with a reasonable quantity of soy sauce. If you feel that the noodles will go cold put a very little heat under them and stir as often as you can.
- Just when the fish is about to finish, boil the kettle again and when done carefully add water to the gravy mix stirring and checking the thickness so that it's got some.
- When the fish, vegetables and gravy are ready, put the vegetables onto one side of Biff's plate, half of the noodles on the other side (and the other half of Paul's plate) and place each salmon fillet on top of the noodles. Pour the gravy onto Biff's vegetables and serve both.