

Pepper salmon

Ingredients

For 6 people:

1.2 kg of salmon (if possible pieces of skin without skin and without edges, it can be frozen salmon, no need to make it thaw before: just take it out when starting the recipe)

5 or 6 peppers

Olive oil

Espelette pepper

2 tablespoons of honey

Salt, pepper

3 tablespoons of sesame seeds (or sesame coated with wasabi)

Optional: Wasabi hazelnut

Preparation

1. Detail the peppers into small cubes.
2. Put the oven to be preheated to 200 ° C
3. Brown the peppers in a frying pan with olive oil, salt, pepper and Espelette pepper.
Cook for about 10 minutes, stirring from time to time.
4. At the end of cooking, add the honey and the wasabi
5. In a dish that goes in the oven, spread the peppers, and arrange the pieces of salmon over it.
6. Sprinkle with sesame.
7. Bake for 15 to 20 minutes depending on the thickness of the pieces (and if the fish is frozen).

Accompagnement

Rice.