*Earl Grey Pan Glazed Salmon with Lemon Courgetti*

This aromatic dish infuses delicate flavour by poaching the salmon in Earl Grey tea. Lemon courgetti makes a fresh and zingy accompaniment

**NFSFGF**



METHOD

1. Place the contents of the tea bags in a teapot, cover with 300ml of freshly boiled water, stir, cover and leave to steep for seven minutes.
2. Use a fine mesh strainer to strain the tea into a medium/large frying pan/skillet (large enough to fit the salmon fillets in one layer) and stir in the butter and maple syrup.
3. Bring the pan to a medium simmer for 15 minutes, stirring occasionally, until the liquid has reduced by roughly half. Set aside to cool slightly.
4. Meanwhile wash the courgettes and top and tail. Use a [spiralizer](http://www.hemsleyandhemsley.com/product/hemsley-hemsley-spiralizer/) or julienne peeler to make the courgetti – or use a regular vegetable peeler to slice the courgettes lengthways into very wide pappardelle-style ribbons. You might want to cut the long strands in half to make them easier to eat.
5. To make the dressing whisk the olive oil and lemon juice together in a large bowl until emulsified (or shake in a jam jar). Stir in the chopped rocket and grated parmesan and season with black pepper. Taste and add more lemon if needed.
6. Add the courgetti to the bowl, toss through the dressing and set to one side.
7. Season the salmon fillets with sea salt and then place into the pan of tea glaze. Gently cook the fillets in the tea glaze on a medium heat for five minutes. Turn and cook for another four minutes on the other side until just pink inside (or when no resistance when pierced with a skewer).
8. Serve the courgetti onto four plates and top each with a piece of salmon. Finish with a drizzle of leftover tea glaze from the pan.



Bottom of Form

*Ingredients*

Serves 4

*Salmon & glaze*

* 12 tea bags of Earl Grey tea/18g of Earl Grey tea leaves
* 300ml boiling water
* 4 tbs maple syrup
* 4 tbs butter
* sea salt
* 4 salmon fillets 500g

*Courgetti & dressing*

* 4 large courgettes
* 6 tablespoons extra virgin olive oil
* 2-3 tbs lemon juice
* 2 large handfuls rocket, finely chopped
* 2tbs Parmesan cheese, finely grated (maybe more)
* sea salt
* freshly ground black pepper