



Salmon, Prosciutto Ham and Kale

Salmon, Prosciutto Ham and Kale is a delectable combination of flavours which complement each other perfectly. The earthy softness of the pan-fried salmon fillets combines well with the deep flavours of the cured Prosciutto ham, served up with a blend of pan-fried, aromatic vegetables and presented on top of dark and luscious kale leaves.

Ingredients:

Serves 4 as a main course

2 knobs of butter	Two peppers - colour of choice, washed and diced
2 red onions, peeled and sliced	2 tbsp Balsamic vinegar
1 leek, rinsed and sliced	2 handfuls new potatoes sliced
2" piece of ginger, chopped finely	400g black kale, rinsed and chopped
4 salmon fillets (remove the skins once they've cooked)	Salt and black pepper
8 slices Prosciutto Ham	

To prepare:

In a large frying pan melt one knob of butter and, on a medium heat, fry the potato slices. After 20 minutes add the salmon fillets and cook for a further 10 minutes (5 mins each side). If you prefer to remove the skin from the salmon, lift it off once it has cooked. It should peel off easily in one piece. Once the salmon has cooked, you can move it around the pan and it will flake into smaller pieces.

In another frying pan, melt the second knob of butter and add the ginger, onions, peppers and leek. Add the Balsamic vinegar and fry for approximately 5 minutes on a medium heat until the vegetables have started to wilt. Tear the pieces of Prosciutto ham with your fingertips and add to the pan for a further 5 - 10 minutes.

Steam the kale for 10 minutes. Warm the plates and then decorate them. Start with a layer of kale, followed by the potatoes, salmon and pan-fried vegetables and finish by dotting around torn pieces of Prosciutto ham.