



Stuffed Whole Salmon with Almonds and Herbs

You usually see a pairing of Mediterranean flavors like tomatoes and fennel with white fish and nuts, but after trying this combination the other day, we are hooked – the salmon makes for a richer result, which suits the change in temperature perfectly.

Ingredients

Whole salmon (approx. 1.8kg|4lb)
olive oil
salt/peppers
2 unwaxed lemons
1 bunch parsley (finely chopped)
1 bunch tarragon (finely chopped)
¾ cup breadcrumbs
¼ cup good olive oil
1 cup Farm Fresh Nuts chopped almonds

For the garnish parsley

Preparation steps

Heat the oven to 140°C (120° fan) 275°F gas 1. Place a large sheet of double thickness foil on a large baking tray.

Place the fish on the baking tray. Rub all over with olive oil, salt and pepper. Cut through the salmon horizontally to form a cavity.

Finely grate the zest from both lemons and squeeze the juice from 1 lemon.

Mix together the herbs, breadcrumbs, lemon zest and juice, butter and chopped almonds. Season with salt and pepper.

Spread the stuffing on the cavity, place the other side of the salmon on top and sprinkle any remaining stuffing on top of the fish.

Tie the salmon in a criss-cross pattern with kitchen string. Wrap the foil over the salmon to make a loose but tightly sealed parcel.

Bake for about 2 hours until the salmon is cooked through. Cool completely in the foil.

Remove the foil and place on a serving plate. Garnish with parsley.