

Caponata with Salmon



A colourful, healthy Sicilian dinner recipe the whole family will love.

Ingredients

- 6 salmon fillets
- 1 large eggplant, large diced
- 1/2 onion, finely diced
- 3 garlic cloves, crushed
- 1 celery stick, finely diced
- 1 zucchini, sliced
- 1 red capsicum, large diced
- 400 g canned diced tomatoes
- 400 g canned cannellini beans, rinsed
- 50 g green olives, pitted
- 2 tbsp capers, drained and rinsed
- 2 tbsp apple cider vinegar

1/2 cup raisins

2 tbsp parsley, chopped; plus extra for garnish

2 tbsp mint, chopped; plus extra for garnish

Method:

1. In a saucepan, over high heat, cook the eggplant with 4 tbsp olive oil, salt and pepper for 5-6 minutes until brown and translucent. Remove from heat, transfer to a plate and set aside.
2. In the same saucepan, add a little more olive oil then add the onions, garlic, celery, capsicum, zucchini and cook, tossing occasionally. When the vegetables have softened, add the capers, olives, raisins and vinegar.
3. When the vinegar has evaporated add the diced tomatoes, the cooked eggplant, cannellini beans and $\frac{1}{4}$ cup of water. Simmer for 15 minutes. Season to taste and stir in the parsley and mint at the end.
4. While the caponata is simmering, season the salmon fillets with salt and pepper.
5. Heat a fry pan over medium high heat with a drizzle of olive oil and place salmon skin side down. Cook for 4-5 minutes till the skin is golden and crispy then turn fish over with a spatula and cook for a further 3-4 minutes until it feels slightly firm to the touch.
6. Serve the salmon filets with the caponata garnished with extra chopped parsley and mint and an extra drizzle of olive oil on top.