



Marinated salmon with vegetables

Ingredients (serves 4)

- 4 salmon filets
- Lemon zest
- Orange zest
- Oregano
- Black pepper
- Nutmeg
- Lemon juice
- 150 g onion
- 150 g carrot
- 150 g red pepper

Method

1. Put salmon filets in a container, sprinkle mixture of lemon zest, orange zest, oregano, black pepper, nutmeg, and lemon juice on top. Store in the fridge for a few hours.
2. Beforehand, slice the vegetables into very thin strips, freeze, soak, and drain.
3. If you do not have a steamer basket or other steaming device, use a strainer and place it in saucepan with water, making sure that it does not touch the water, and cover the pot.
4. Once the water is boiling and steaming, add the fish and vegetables to the steamer basket or strainer, leave covered until well cooked.
5. Once cooked, remove from the strainer or steaming basket and serve.