

**Miele**

# Slow baked king salmon, yoghurt dressing with melon and pomegranate salad

By Michael Meredith

**1 hour, 30 minutes**

**30 minutes**

**10**

Serves



## INGREDIENTS

### Salmon

1 teaspoon finely grated lemon zest  
1 teaspoon finely grated orange zest  
1 x 1kg side salmon, pin-boned, skin on  
Olive oil for brushing  
50g salt

### Yoghurt & Tahini Dressing

170g natural yoghurt  
3 tablespoons tahini  
1 clove garlic, crushed with 1 teaspoon sea salt  
50g coriander leaves, very finely shredded  
1 long red chilli, seeded and very finely diced  
½ teaspoon ground sumac  
Juice of 1 lemon

### Melon and pomegranate salad

1 cup pistachio kernels  
400g baby cucumbers, unpeeled, diced  
200g green seedless grapes, halved  
1 small bulb fennel, thinly cut  
1 small red onion, thinly sliced then washed in cold water  
½ radicchio lettuce broken  
300g watermelon, diced  
½ cup (loosely packed) mint, shredded  
2 tablespoons pomegranate seeds  
Juice of ½ lemon  
2 tablespoons extra-virgin olive oil  
Salt and pepper  
160g shaved halloumi  
Watercress to garnish

## **METHOD**

### **Yoghurt and tahini dressing**

1. Mix all ingredients together and set aside.

### **Salmon**

1. Combine the lemon and orange zest.
2. Brush the salmon with olive oil and season all over with salt and citrus mix. Cover and refrigerate for 45 minutes.
3. Pre-heat oven on Fan Plus at 100°C.
4. Remove salmon from the refrigerator and allow it to come to room temperature.
5. Wrap the salmon in baking paper and place skin side down on a baking tray.
6. Place in the oven on shelf position 2 and bake for 10 minutes.
7. Remove from the oven and turn the salmon skin side up.
8. Return to the oven for a further 10 minutes.
9. Remove from the oven and leave to rest on the tray for 10 minutes.
10. Unwrap and discard the paper. Peel away the skin, then gently scrape away all of zest.

### **Melon and pomegranate salad**

1. Pre-heat oven on Fan Plus at 160°C.
2. Scatter pistachios on a baking tray and roast, shaking occasionally, until just golden, 5-10 minutes.
3. Remove pistachios from the oven, and allow to cool before coarsely chopping. Set aside.
4. Combine cucumbers, grapes, fennel, onion, lettuce, melon and mint in a bowl.
5. Add pomegranate seeds, drizzle with lemon juice and olive oil, season to taste and gently toss.

### **To serve**

1. Place salmon on a large platter, spoon dressing on top, then gently place salad on top.
2. Add pistachio and shaved halloumi, then watercress and serve at room temperature.