

AGGY'S SAUCES

BLACK PEPPER & ROSEMARY SALMON RECIPE



TASTY MEAL

Serves 4

Cooked in 40 minutes

Black pepper & Rosemary sauce

4 salmon steaks

4 large potatoes (King Edwards)

juice of one lemon

garlic, 2 onions

2 Tbsp sour cream

sea salt, 2 Tbsp oil

broccoli & carrots

4 to 5 tbsp milk or soya milk

Peel the potatoes, **Cut** thick slices,

Parboil for 10 min, drain

Squeeze lemon juice over the salmon steaks &

Sprinkle with sea salt

In a frying pan, **heat** a little oil, quickly fry the fish to seal

Set aside

Mix 2 Tbsp of Aggy's Black Pepper & Rosemary sauce with

2 Tbsp of cream or substitute and milk

Peel and chop the onions and garlic

Fry onions and garlic in 2 Tbsp of oil until soft,

add sauce mixture

Simmer gently for 5 minutes

Preheat oven 180C/160C Fan/gas 4

In an oven-proof dish, **Layer** potatoes, top with salmon

add the uncooked carrots & broccoli

Cover with the sauce mixture

Finish with a layer of potatoes

Cook in oven for 40 minutes

Serve with Salad,

Use **2 tsp of Aggy's Black Pepper & Rosemary sauce** instead of mustard to make a vinaigrette

BUY A BOTTLE, FEED A CHILD

For years Agnes has been developing the recipe for this sauce for friends and family.

Today they fund a foundation which provides hope for AIDS orphans in Zambia. Every jar sold feeds a child for day.

1 BOTTLE MAKES 5 MEALS

To make more usage of Sweet Peppers & Spices sauces

- ◆ Spread between layers of lasagne
- ◆ Spoon onto the side of your plate with a roast
- ◆ Enrich a vegetable or chicken stir fry
- ◆ Use as a dip with nachos
- ◆ Use with relish on sandwiches

Aggy's Sauces are free from artificial preservatives and colouring, suitable for vegetarians

Aggy's Sauces Limited
www.aggysauces.com