

## **Little courgette and salmon crumbles**

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Preparation + cooking time: 20 min

Ingredients for 4 people:

- 2 small courgettes (approx. 350 g)
- 350 g salmon fillet, boneless and skinless
- 4 small slices of bread (approx. 80 g)
- 3 tbsp olive oil
- 3 tbsp finely chopped dill + 4 sprigs for garnishing
- Salt and pepper



Preparation:

1. Cut the salmon and the unpeeled courgettes into small cubes.
2. Grate the slices of bread into large crumbs. Heat them in a non-stick pan using 1 tbsp olive oil over moderate heat until they are golden brown.
3. Quickly brown the courgettes and the salmon, separately, in two pans using 1 tbsp of oil for each. The courgettes must remain crunchy and the salmon must be barely cooked. Season both ingredients and flavour the salmon with finely chopped dill.
4. Assemble the crumbles directly on the dinner plates: pack down  $\frac{1}{4}$  of the courgettes into a metal ring, add  $\frac{1}{4}$  of the salmon, pack down a bit, and top everything off with  $\frac{1}{4}$  of the crunchy crumbs mixture. Carefully remove the ring and garnish with a sprig of dill.
5. Serve warm, as a starter