



Pan Seared Salmon with Lemon Cream Sauce

160gm	salmon fillet
30gm	lemon juice
3gm	lemon zest
120gm	HACO Cream Soup Base
10gm	slice Button mushroom
	Salt and pepper to taste

- Lay the fish skin side down in the hot pan and turn the heat down to medium. Salt the exposed side of the fish. Let this sizzle away steadily for 3-5 minutes, depending on the thickness of the fish. An inch-thick fillet will take about 5 minutes. With a metal spatula, turn the fish, making sure the skin remains attached to the salmon. Salt the skin side of the fish. Cook for another 1-5 minutes, depending on how well-done you like your fish. We like our salmon a little rare in the center, so we cook the second side of a 1-inch fillet about 3 minutes.
- Set the salmon down on the plate skin side up, and then pour some of the sauce over it. Garnish with the parsley and serve at once.
- Take a small pan pour the **HACO Cream Soup Base** into the pan, add the lemon juice and lemon zest mix well together.