

Salmon with pepita-lime butter

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Lime juice, chilli powder and pepitas (pumpkin seeds), give this salmon Mexican flair. Serve with wild rice and steamed vegetables.

Ingredients (serves 4)

- 2 tbsp unsalted pepitas (see Tip)
- 1 tbsp butter
- ½ tsp freshly grated lime zest
- 2 tbsp lime juice
- ¼ tsp chilli powder
- 450 g [salmon](#) fillet, skinned (see Tip) and cut into 4 portions
- Salt and pepper, to taste

Method

Toast pepitas (see tip below). Place in a small bowl with butter, lime zest, lime juice and chilli powder.

Generously coat a large non-stick skillet with cooking spray and place over medium heat. Sprinkle salmon with salt and pepper, add to the pan and cook until browned and just cooked through in the centre, two to four minutes per side. Remove the pan from the heat. Transfer the salmon to a plate.

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Add the butter-lime mixture to the hot pan; stir until the butter is melted. Serve the salmon topped with the sauce.

Place a salmon fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

Recipe tip: Place pepitas in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, two to four minutes.

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