

## CURED SALMON

**Time: 10 minutes (plus curing time)**

**Serves: 4**

### **Ingredients:**

80g salt  
80g white sugar  
15g cracked black pepper  
500g skin-on salmon filet  
20g fresh dill springs (plus additional for serving)

### **Preparation:**

In a small bowl, combine salt, sugar, and pepper.

Place salmon in a large zipper seal bag or on sheets of cling wrap large enough to wrap salmon.

Cover both sides of salmon evenly with the salt mixture. Top non-skin side with dill springs.

Remove all air from zipper bag and seal or wrap tightly with cling wrap, ensuring salmon is well sealed.

Refrigerate for two days.

Remove salmon from plastic and rise well under cold water.

Pat dry with paper towel and serve topped with additional dill sprigs or cover and refrigerate for up to five days.

### **Nutritional Information Per Serving:**

Calories: 229	<b>Hand-Size Portion Guide</b>
Fat: 14g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 25g	Thumbs of fat: 0