

# Vital Rooibos Tea Poached Salmon on Rooibos Zucchini Ratatouille with Rooibos Lemon Butter Sauce



**Serves 4**

**Preparation time** 20 minutes

**Cooking** 30 minutes

## Ingredients

- 4 pieces of same size salmon fillets
- 4 cloves of garlic, finely chopped
- 1 brown onion, finely chopped
- 2 large zucchinis, cut into 2 cm cubes
- 1 liter of strong Vital Organic Rooibos Tea
- 325g tomatoes, crushed
- 1 bunch chives, finely chopped
- 1 bunch parsley, finely chopped
- 50 ml of red wine
- 200g of cold butter
- Salt and pepper
- 1 small red capsicum, finely chopped
- 2 tsp olive oil
- 1 lemon, cut in half
- 1l Vital Organic Rooibos Tea

## Method

1. To make the Zucchini Ratatouille place the 2 finely chopped cloves of garlic and half of the chopped onion in a saucepan with oil. Fry until golden.
2. Add the red capsicum and zucchini. Fry for another 2 minutes.
3. Add the red wine, 50ml of Rooibos Tea, tomatoes and parsley and let it simmer for about 10 minutes. Season with salt and pepper. Keep warm.
4. To make the salmon, pour 800 ml of the Rooibos Tea in another large saucepan with half squeezed lemon and 2 cloves of garlic and bring to the boil.
5. Place the salmon fillets in the boiling water. Turn the temperature down to very low and let the salmon poach for about 8 minutes, depending on the size. Remove the salmon from the poaching liquid.
6. To make the lemon butter sauce, melt the butter in a small pan and add the lemon juice. Let it reduce until 1/3 of the liquid remains.
7. Make the lemon butter sauce. Pour the remaining tea (150ml) into the pan with half squeezed lemon juice. Let it reduce until 1/3 of the liquid remains.
8. Turn the heat off and whisk the cold butter into the pan cube by cube until the sauce thickens.
9. Add salt and pepper and the chives.
10. To serve, use a large plate and place the Ratatouille in the center and the poached salmon on top. Drizzle the lemon butter sauce around the salmon.