

Pan-fried Salmon with Braised Escarole and Chickpeas



JERNEJ KITCHEN

PAN-FRIED SALMON WITH BRAISED ESCAROLE AND CHICKPEAS

Pan-fried Salmon with Braised Escarole and Chickpeas is a quick and easy midweek lunch or dinner recipe, made in just 30 minutes.

- serves
4
people
- preparation:
5
minutes
- cook:
15
minutes
- total time:
20
minutes

escarole

Clean the escarole under running water. Remove the core and separate the leaves. Place a large pan over medium-high heat. Add 2 tbsp of butter (approx. 40g) and one tablespoon of olive oil. When the butter is melted and start to foam, add the anchovies and crushed garlic cloves. Stir and egg escarole leaves. Cook for about 5 minutes or until the leaves wilt and release water.

Braised Escarole and Chickpeas

Increase the heat and cook for 3 - 4 minutes for the water to evaporate. Crowd the escarole on one side of the pan. Add lemon juice, white wine vinegar and cooked chickpeas to the pan. Continue to cook for one minute. Stir and remove from the heat. Add the rest of the butter. Season with salt, pepper, and freshly ground nutmeg. Optionally add one or two tablespoons of olive oil.

Pan-fried salmon

Place a large pan over medium-high heat. Pat dry the salmon fillet. Season with salt and pepper. Gently brush the skin with olive oil. When the pan is hot, add a drizzle of olive oil. Place the salmon skin-side down into the pan, away from you. After about 30 seconds, press the salmon fillet using the fish spatula to get the salmon skin flat which will result in crispy skin. Cook for 3 - 4 minutes, depending on the thickness of the fillet, then turn the fillet, turn off the heat and cook for another minute.

serve

Divide the braised escarole with chickpeas between four plates. Add a pan-fried salmon fillet to each plate and serve.

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700 g escarole (endive) - 1 large head

100 g butter (½ cup + 1 tbsp)

3 tbsp olive oil

2 anchovies (canned, salted)

2 cloves of garlic

1 tbsp lemon juice, freshly squeezed

2 tbsp white wine vinegar

100 g cooked chickpeas (3.5 oz)

nutmeg

salmon

1 tsp olive oil

4x salmon fillets (4x150g or 5 oz)

Tools and equipment

pan

cutting board

kitchen knife

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