

Lemon verbena marinated salmon

325ml boiling water
100g salt
100g white sugar
3 tbs roughly chopped [lemon verbena](#) leaves
500g salmon fillet pieces
1 tbs olive oil

In a bowl dissolve the salt and sugar in the boiling water, stir in the lemon verbena leaves and allow to cool completely.

Choose a flat dish just large enough to hold the fillets of salmon in a single layer.

Arrange the salmon skin side uppermost in the bottom and pour over the marinade.

Refrigerate whilst the salmon marinates, allow 30 – 40 minutes for thin fillets — the tail end, and 50 – 60 minutes for the marinade to penetrate a thicker fillet.

Rinse and dry the salmon, brush with the olive oil, and either grill or fry.