



Baked Salmon with Avocado Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small avocados
- ☐ 0.9 cup coconut milk
- ☐ 6 servings dill to decorate fresh
- ☐ 0.5 head fennel bulb sliced very thinly
- ☐ 3 leeks finely sliced
- ☐ 2 lemons
- ☐ 6 servings olive oil
- ☐ 1 kilo a salmon tail weighing just over

- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 6 small spring onion chopped

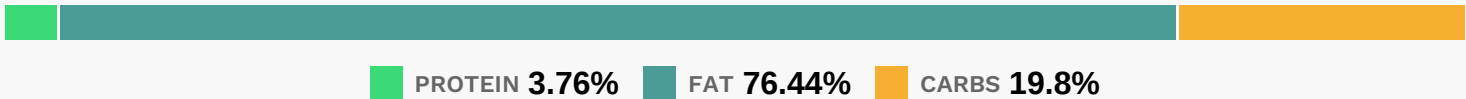
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 180C, 350F, Gas mark
- ☐ Mix the fennel, spring onions, zest from 1 lemon, salt and pepper in a bowl.Oil an oven tray large enough to hold the fish and lay the fish in it.Stuff the fish with the fennel mixture.Cover the dish very tightly with aluminum foil and bake for 10 minutes per 450g plus 10 minutes.Meanwhile put 3 tablespoons olive oil in a wide pan and add the leek. Sweat, covered, for 10–15 minutes or until the leeks are quite soft.
- ☐ Add the pak choi and a little seasoning, re-cover the pan and continue to cook gently for a further 10 minutes or until the pak choi is cooked but not mushy.When you are nearly ready to serve the fish, peel the avocados and purée in a food processor with the coconut milk the juice of the 2 lemons. Season to taste.
- ☐ Remove the fish carefully from the pan, skin and lay on a serving dish. Pile the pak choi and leeks around the fish and spoon some of the avocado sauce over the fish. Decorate with the fresh dill and serve.

Nutrition Facts



Properties

Glycemic Index:53.08, Glycemic Load:4.21, Inflammation Score:-8, Nutrition Score:16.124782576509%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 341.65kcal (17.08%), Fat: 31.18g (47.98%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 11.12g (4.04%), Sugar: 3.96g (4.4%), Cholesterol: 0.09mg (0.03%), Sodium: 29.97mg (1.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 66.17µg (63.02%), Vitamin C: 34.81mg (42.2%), Manganese: 0.63mg (31.62%), Fiber: 7.06g (28.24%), Vitamin E: 4.01mg (26.72%), Folate: 100µg (25%), Vitamin A: 931.87IU (18.64%), Potassium: 624.79mg (17.85%), Vitamin B6: 0.33mg (16.4%), Iron: 2.92mg (16.22%), Copper: 0.29mg (14.32%), Magnesium: 54.52mg (13.63%), Vitamin B5: 1.17mg (11.65%), Phosphorus: 99.97mg (10%), Vitamin B3: 1.76mg (8.78%), Vitamin B2: 0.12mg (7%), Vitamin B1: 0.1mg (6.57%), Calcium: 63.55mg (6.36%), Zinc: 0.75mg (5%), Selenium: 1.09µg (1.56%)