



Confit of salmon with new potato & crab crush & dill drizzle

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1091 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 ml olive oil
- ☐ 1 garlic clove peeled halved
- ☐ 1 thyme leaves
- ☐ 840 g salmon fillet
- ☐ 600 g baby potatoes good (Jersey Royals are)
- ☐ 1 tbsp chives chopped
- ☐ 2 tsp optional: dill chopped

- ☐ 25 g butter
- ☐ 200 g crab meat white
- ☐ 1 bunch watercress
- ☐ 1 tbsp optional: dill chopped
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 0.5 juice of lime

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ First, tip the potatoes into a pan of boiling water, then simmer for 15 mins or until soft.
- ☐ Drain and keep warm. Meanwhile, pour the olive oil into a thick-based pan or roasting tin that will fit the salmon fillets snugly.
- ☐ Add the garlic and thyme, gently heat the oil for a few mins to let the flavours infuse, then turn off the heat.
- ☐ About 20 mins before you want to serve, slip the salmon into the warm oil. Cook on a low heat for 8 mins (or 10 mins if you prefer your fish well cooked), then take off the heat. Leave the salmon in the oil for 5 mins, then remove and drain.
- ☐ Meanwhile, place the cooked potatoes into a mixing bowl and lightly crush with a fork.
- ☐ Add the herbs, butter and a drizzle of olive oil from the salmon, season and mix well, then fold through the crabmeat. To make the drizzle, whisk the dill, olive oil and lime juice together.
- ☐ On each plate, fill a cooks ring with the crushed potato mix (if you dont have a ring, spoon into a neat pile).
- ☐ Remove the ring and lay a salmon fillet next to it.
- ☐ Serve a small handful of watercress alongside, spoon around the drizzle, then serve.

Nutrition Facts



 PROTEIN **13.15%**  FAT **80.3%**  CARBS **6.55%**

Properties

Glycemic Index:52.63, Glycemic Load:12.86, Inflammation Score:-7, Nutrition Score:35.382173890653%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 1090.93kcal (54.55%), Fat: 97.98g (150.73%), Saturated Fat: 15.36g (96.01%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 15.69g (5.71%), Sugar: 0.85g (0.94%), Cholesterol: 99.96mg (33.32%), Sodium: 376.7mg (16.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.1g (72.19%), Vitamin B12: 7.46µg (124.32%), Selenium: 63.69µg (90.99%), Vitamin E: 12.45mg (83.03%), Vitamin B6: 1.5mg (75.22%), Vitamin B3: 12.45mg (62.25%), Vitamin K: 65.12µg (62.02%), Phosphorus: 415.15mg (41.51%), Copper: 0.77mg (38.63%), Vitamin B2: 0.59mg (34.55%), Potassium: 1198.77mg (34.25%), Vitamin C: 25.37mg (30.76%), Vitamin B1: 0.42mg (27.79%), Vitamin B5: 2.77mg (27.69%), Zinc: 3.19mg (21.28%), Magnesium: 81.75mg (20.44%), Folate: 67.18µg (16.8%), Iron: 2.64mg (14.66%), Manganese: 0.21mg (10.6%), Fiber: 2.28g (9.12%), Vitamin A: 341.78IU (6.84%), Calcium: 53.59mg (5.36%)