



## Creamy salmon with chunky ratatouille

 Very Healthy

READY IN



95 min.

SERVINGS



8

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 eggplant cubed
- ☐ 6 garlic clove sliced
- ☐ 5 pasilla peppers mixed deseeded cut into large chunks
- ☐ 3 large zucchini cut into chunky batons
- ☐ 680 g passata
- ☐ 300 ml vegetable stock
- ☐ 1 small handful basil whole chopped

- ☐ 125 g cream cheese light (we used Boursin )
- ☐ 100 g cream cheese low-fat
- ☐ 40 g breadcrumbs fresh
- ☐ 40 g pinenuts roughly chopped
- ☐ 8 fillet salmon fillet skinless

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wok

## Directions

- ☐ Heat the oil in a large non-stick wok or pan, add the aubergines and cook for 5 mins, stirring, until starting to soften and brown.
- ☐ Add the garlic and stir for a few secs. Tip in the peppers, courgettes, passata, stock and half the chopped basil. Season, cover and cook for 20 mins, stirring occasionally, until the veg is just tender. Cool, stir in the remaining basil and spoon into 8 x 250ml shallow ovenproof dishes or foil containers.
- ☐ For the salmon, beat together the cheeses.
- ☐ Mix the breadcrumbs and pine nuts on a plate.
- ☐ Spread the top of the fish fillets with the cheese mix, then dip in the nutty crumbs to coat the cheese. Put a fillet on top of each ratatouille-filled dish.
- ☐ Put the dishes inside freezer bags and seal. Use within 6 weeks. To serve, unwrap the dishes, put on a baking tray in a cold oven, then set to 200C/180C fan/ gas
- ☐ Bake for 55 mins until bubbling and the fish is cooked. Check after 30 mins if the crumbs are getting too brown, cover the fish with foil.
- ☐ Serve scattered with basil, with bread, if you like.

## Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:2.25, Inflammation Score:-9, Nutrition Score:46.083912807962%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 491.75kcal (24.59%), Fat: 24.41g (37.56%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 20.96g (7.62%), Sugar: 15.1g (16.78%), Cholesterol: 116.03mg (38.68%), Sodium: 392.87mg (17.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.8g (83.61%), Vitamin C: 93.79mg (113.69%), Vitamin B6: 2.01mg (100.57%), Selenium: 66.69µg (95.27%), Vitamin B12: 5.57µg (92.88%), Vitamin B3: 16.85mg (84.27%), Manganese: 1.27mg (63.56%), Vitamin B2: 0.98mg (57.9%), Potassium: 2015.58mg (57.59%), Phosphorus: 538.68mg (53.87%), Copper: 0.97mg (48.41%), Vitamin B1: 0.63mg (41.78%), Vitamin B5: 4.1mg (40.97%), Magnesium: 131.95mg (32.99%), Fiber: 7.99g (31.95%), Folate: 124.62µg (31.15%), Vitamin A: 1418.3IU (28.37%), Iron: 4.45mg (24.72%), Vitamin E: 3.33mg (22.22%), Vitamin K: 23.23µg (22.12%), Zinc: 2.63mg (17.56%), Calcium: 120.96mg (12.1%)