

food  
network

 54%  
HEALTH SCORE

## Crispy Salmon with Green Herb-Caper Sauce with Asparagus Cheese Puffs

READY IN



65 min.

SERVINGS



4

CALORIES



1089 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound asparagus fresh trimmed cut into 1/4-inch pieces and blanched
- 0.3 cup capers
- 1 pinch cayenne
- 0.3 teaspoon curry powder
- 3 large eggs
- 0.3 cup flat-leaf parsley finely chopped
- 0.8 cup flour all-purpose
- 3 tablespoons chives fresh chopped

- 1 teaspoon rosemary fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 2 cloves garlic finely chopped
- 2 tablespoons juice of lemon fresh
- 4 lemon wedges for garnish
- 1 cup coarsely manchego grated
- 0.8 cup milk
- 0.5 cup olive oil
- 4 servings olive oil for searing
- 1 teaspoon oregano fresh chopped
- 0.5 cup parmigiano-reggiano finely grated
- 1 cup rice flour
- 28 ounce salmon fillet
- 0.5 teaspoon salt
- 4 servings salt and pepper freshly ground
- 5 tablespoons butter unsalted cut into small pieces
- 0.5 cup water

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- wooden spoon

## Directions

- Season fillets with salt and pepper, to taste.
- Combine rice flour with water to make a light loose batter.
- Heat a large skillet with about 1/4-inch of olive oil. Coat fillets with batter, place meat side down, and sear until golden brown about 2 to 3 minutes. Turn over and sear the skin side for 1 to 2 minutes.
- Immediately plate and drizzle each fillet with the Herb Caper Sauce.
- Serve with a lemon wedge.
- Serve the salmon with Asparagus Cheese Puffs.
- Combine all ingredients, except for the lemon juice, in a medium bowl and season with salt and pepper.
- Whisk in the lemon juice just before serving.
- Preheat oven to 400 degrees F. Line 2 baking sheets with parchment paper.
- Bring milk and butter to a boil in a medium saucepan over medium high heat.
- Combine salt, flour, curry, and cayenne in a small bowl.
- Remove the milk from the heat and add the flour mixture.
- Mix with a wooden spoon until the mixture thickens and pulls away from the sides.
- Place pan back on the heat and cook for about 20 to 30 seconds until the mixture becomes a little dry. Scrape the mixture into a large bowl and let cool slightly.
- Add the eggs, 1 at a time, adding another only when the previous has been incorporated.
- Add the asparagus and both cheeses to the dough and mix until combined. Season with salt and pepper.
- Spoon rounded tablespoons of the mixture onto the sheet pan.
- Bake in the middle of the oven until golden brown, about 15 to 20 minutes.
- Remove the puffs from the parchment and serve immediately.

## Nutrition Facts

**PROTEIN 23.68%** **FAT 54.52%** **CARBS 21.8%**

## Properties

Glycemic Index:114.88, Glycemic Load:35.85, Inflammation Score:-10, Nutrition Score:51.09695633598%

## Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg Kaempferol: 15.44mg, Kaempferol: 15.44mg, Kaempferol: 15.44mg, Kaempferol: 15.44mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 27.18mg, Quercetin: 27.18mg, Quercetin: 27.18mg, Quercetin: 27.18mg

## Nutrients (% of daily need)

Calories: 1089.08kcal (54.45%), Fat: 65.66g (101.02%), Saturated Fat: 25.02g (156.4%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 54.87g (19.95%), Sugar: 4.43g (4.92%), Cholesterol: 330.49mg (110.16%), Sodium: 1325.51mg (57.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.18g (128.36%), Selenium: 103.59µg (147.98%), Vitamin B12: 7.07µg (117.85%), Vitamin K: 109.29µg (104.08%), Vitamin B6: 2.02mg (100.88%), Vitamin B3: 18.9mg (94.49%), Vitamin B2: 1.27mg (74.92%), Phosphorus: 714.44mg (71.44%), Calcium: 608.25mg (60.83%), Vitamin B1: 0.84mg (55.71%), Vitamin B5: 4.79mg (47.94%), Manganese: 0.87mg (43.6%), Copper: 0.8mg (39.89%), Folate: 158.37µg (39.59%), Vitamin A: 1953.07IU (39.06%), Potassium: 1361.1mg (38.89%), Iron: 5.81mg (32.26%), Vitamin E: 4.64mg (30.92%), Vitamin C: 23.7mg (28.73%), Magnesium: 112.01mg (28%), Zinc: 3.24mg (21.62%), Fiber: 4.21g (16.82%), Vitamin D: 1.58µg (10.52%)