



Easy poached salmon with salsa verde



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp peppercorns
- ☐ 200 ml citrus champagne vinegar
- ☐ 1 fennel bulb thinly sliced
- ☐ 2 bay leaves
- ☐ 3 stalks salsa verde for the salsa verde (from the bunch used)
- ☐ 1 kg salmon fillet
- ☐ 3 slices optional: lemon
- ☐ 3 garlic clove

- ☐ 5 fillet anchovy packed in salt rinsed
- ☐ 2 lemon zest
- ☐ 1 large bunch flat parsley
- ☐ 1 large bunch basil
- ☐ 4 tbsp caper drained and rinsed
- ☐ 6 tbsp olive oil extra virgin extra-virgin
- ☐ 6 servings potatoes steamed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ First make the poaching liquid for the fish.
- ☐ Put the peppercorns, 2 tsp salt, vinegar, fennel, bay leaves and parsley stalks in a saucepan with 2.5 litres of water, and bring to the boil. Boil for 10 mins so all the flavours infuse into the liquid.
- ☐ Make sure that you choose a roasting tin big enough to hold the salmon fillet. Strain the liquid into the empty tin, bring to the boil on the hob, then add the fish, skin-side down, making sure it is covered in liquid. Scatter around the lemon slices, and simmer gently for 1-2 mins until the fish changes colour completely. Cover the surface with a large piece of foil, turn off the heat and leave to cool completely. The fish will cook as the liquid cools.
- ☐ To make the salsa verde, put all the ingredients into the bowl of a food processor, then blitz to make a bright, slightly chunky sauce. Season to taste.
- ☐ Carefully remove the salmon to a serving platter and peel away the skin if you like.
- ☐ Serve with the salsa verde, new potatoes and asparagus.

Nutrition Facts



 **PROTEIN 36.08%**  **FAT 58.04%**  **CARBS 5.88%**

Properties

Glycemic Index:53.04, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:33.227826553842%

Flavonoids

Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 7.68mg, Kaempferol: 7.68mg, Kaempferol: 7.68mg, Kaempferol: 7.68mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg

Nutrients (% of daily need)

Calories: 395.47kcal (19.77%), Fat: 25g (38.46%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.41g (1.24%), Sugar: 1.87g (2.08%), Cholesterol: 93.67mg (31.22%), Sodium: 268.44mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.93%), Vitamin K: 196.91µg (187.54%), Selenium: 62.69µg (89.55%), Vitamin B12: 5.32µg (88.68%), Vitamin B6: 1.43mg (71.44%), Vitamin B3: 14.03mg (70.16%), Vitamin B2: 0.68mg (39.9%), Phosphorus: 373.02mg (37.3%), Potassium: 1092.21mg (31.21%), Vitamin B5: 2.96mg (29.63%), Vitamin C: 23.1mg (28.01%), Vitamin B1: 0.4mg (26.62%), Copper: 0.51mg (25.61%), Vitamin A: 1010.24IU (20.2%), Folate: 70.2µg (17.55%), Magnesium: 67.65mg (16.91%), Vitamin E: 2.41mg (16.08%), Iron: 2.84mg (15.77%), Manganese: 0.28mg (13.89%), Zinc: 1.38mg (9.2%), Fiber: 2.29g (9.14%), Calcium: 73.89mg (7.39%)