



Fish Pie With Fresh and Smoked Salmon

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



725 kcal

Ingredients

- 1 bay leaves
- 0.5 teaspoon peppercorns black
- 1 tablespoon butter
- 1 cup chicken stock see
- 2 teaspoons cornstarch dissolved in 1 tbs water
- 1 teaspoon chives dried
- 1 teaspoon tarragon dried
- 0.5 cup yogurt plain
- 1 tablespoon horseradish

- 1 teaspoon juice of lemon
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 onion chopped
- 2 medium potatoes
- 4 ounces salmon smoked dry
- 8 ounces salmon fresh
- 8 ounces savoy cabbage sliced
- 0.5 cup wine

Equipment

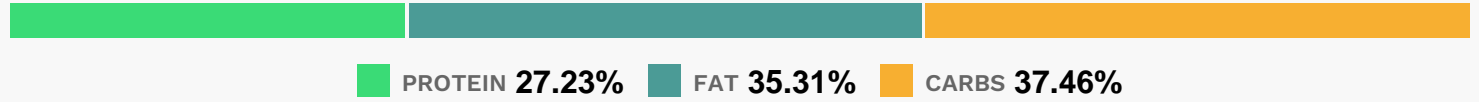
- frying pan
- oven
- baking pan

Directions

- Peel potatoes and cut into chunks
- Cook in boiling, salted water until tender, app. 15 minutes
- Drain potatoes, add butter, horseradish and 2 tbs milk to potatoes, mash, adding a bit more milk if needed
- Put fresh salmon in a medium skillet, add water to almost cover, lemon juice, bay leaf and peppercorns. Cover and poach until done, 12 - 15 minutes. It should be opaque and flake easily with a fork.
- Remove salmon and cut into large chunks
- Roughly chop the smoked salmon
- Saut onion in oil until tender
- Add cabbage and saut, stirring 2 - 3 minutes.
- Add white wine, chicken stock, herbs, cover and simmer 10 minutes
- Dissolve cornstarch in water and add to cabbage, stirring until thickened

- Remove from heat and add yogurt and stir well to combine.
- Add both salmons to cabbage and stir gently.Spoon into a baking dish
- Top with potatoes
- Bake, 400F (200C) for 15 minutes or until the top starts to brown.

Nutrition Facts



Properties

Glycemic Index:200.88, Glycemic Load:31.29, Inflammation Score:-10, Nutrition Score:55.090434782609%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg

Taste

Sweetness: 24.26%, Saltiness: 100%, Sourness: 36.69%, Bitterness: 22.14%, Savoriness: 50.82%, Fattiness: 64.43%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 724.63kcal (36.23%), Fat: 27.08g (41.67%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 64.64g (21.55%), Net Carbohydrates: 54.22g (19.72%), Sugar: 13.65g (15.17%), Cholesterol: 104.72mg (34.91%), Sodium: 831.9mg (36.17%), Alcohol: 6.18g (34.33%), Protein: 47g (94%), Vitamin C: 101.35mg (122.85%), Vitamin B6: 2.22mg (110.79%), Vitamin B12: 5.81µg (96.91%), Selenium: 66.84µg (95.49%), Vitamin K: 89.61µg (85.35%), Vitamin B3: 16.55mg (82.76%), Vitamin D: 10µg (66.7%), Potassium: 2330.87mg (66.6%), Phosphorus: 651.04mg (65.1%), Vitamin A: 3244.28IU (64.89%), Vitamin B2: 0.89mg (52.43%), Manganese: 0.97mg (48.52%), Folate: 186.28µg (46.57%), Magnesium: 173.74mg (43.44%), Vitamin B1: 0.65mg (43.15%), Copper: 0.85mg (42.65%), Fiber: 10.42g (41.68%), Vitamin B5: 3.72mg (37.25%), Iron: 5.09mg (28.29%), Calcium: 251.39mg (25.14%), Zinc: 2.86mg (19.09%), Vitamin E: 2.26mg (15.07%)