



Foil-poached salmon with dill & avocado mayo



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



10

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 kg salmon whole (ask your fishmonger to clean and gut it)
- ☐ 10 servings olive oil for greasing
- ☐ 1 small onion very thinly sliced
- ☐ 4 bay leaves
- ☐ 20 g pack dill
- ☐ 6 tbsp cooking wine dry white
- ☐ 3 avocados ripe
- ☐ 200 ml mayonnaise

- ☐ 1 lemon zest
- ☐ 0.5 cucumber diced peeled deseeded

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ immersion blender

Directions

- ☐ Heat oven to 150C/fan 130C/gas
- ☐ Put the salmon on a large sheet of oiled extra-wide foil (this will stop it from sticking later).
- ☐ Put the onion, bay leaves and half the dill in the body cavity, spoon over the wine, season with salt and black pepper, then loosely bring the foil round the salmon and seal well to make a parcel. Lift onto a baking tray, then bake for 2 hrs. Take from the oven, then leave to cool for about 10 mins, still in its parcel.
- ☐ Meanwhile, whizz the flesh from the avocados (with a hand blender or in a food processor) with the mayo, lemon juice, zest and seasoning. Tip into a bowl. Chop the remaining dill, stir in with the cucumber, then transfer to a serving bowl. Chill for up to 3 hrs.
- ☐ Unwrap the salmon, then strip away the skin and fins. Personally, I don't take the skin from the bottom of the fish if I am serving the salmon warm, as you risk breaking the fish up as you turn it over. It is more robust when it is cold, so in this case remove the skin from both sides. You can leave the head on or take off at this stage. Carefully lift onto a platter, then garnish with watercress, cucumber, lemon wedges and dill, if using.
- ☐ To serve, remove the fish in chunky fillets. When all the fish has gone from the top fillet, remove the onion and herb flavouring, pull away the bones, then remove portions of the bottom fillet, leaving the skin behind. Eat with the avocado mayo, warm buttery new potatoes, and salads or green beans.

Nutrition Facts



 **PROTEIN 33.66%**  **FAT 63.15%**  **CARBS 3.19%**

Properties

Glycemic Index:16.2, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:44.610869594242%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 859.25kcal (42.96%), Fat: 59.28g (91.19%), Saturated Fat: 8.87g (55.45%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.12g (1.25%), Cholesterol: 200.45mg (66.82%), Sodium: 281.04mg (12.22%), Alcohol: 0.93g (100%), Alcohol %: 0.25% (100%), Protein: 71.08g (142.16%), Vitamin B12: 11.15µg (185.88%), Selenium: 128.49µg (183.56%), Vitamin B6: 3.05mg (152.27%), Vitamin B3: 28.62mg (143.09%), Vitamin B2: 1.43mg (83.86%), Phosphorus: 743.57mg (74.36%), Vitamin B5: 6.75mg (67.53%), Potassium: 2064.32mg (58.98%), Vitamin B1: 0.84mg (56.21%), Vitamin K: 53.1µg (50.57%), Copper: 1.01mg (50.53%), Folate: 143.96µg (35.99%), Magnesium: 123.81mg (30.95%), Vitamin E: 3.89mg (25.95%), Iron: 3.48mg (19.31%), Zinc: 2.72mg (18.16%), Fiber: 4.38g (17.52%), Vitamin C: 9.52mg (11.54%), Manganese: 0.2mg (10.1%), Vitamin A: 408.42IU (8.17%), Calcium: 60.71mg (6.07%)