



Grilled wild salmon with anchovies, capers & lentils



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 optional: lemon
- ☐ 16 salt-packed capers dried salted rinsed
- ☐ 8 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 8 tbsp capers rinsed well
- ☐ 6 tbsp parsley fresh finely chopped
- ☐ 1 salmon wild cut into 8, 175/6oz servings
- ☐ 300 g brown lentils such as castelluccio or puy

- ☐ 2 garlic clove peeled
- ☐ 2 sprigs sage (8-10 leaves)
- ☐ 6 tbsp olive oil extra virgin extra-virgin

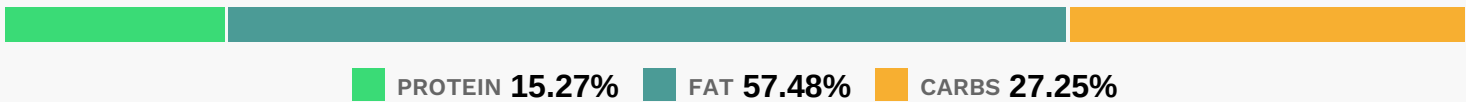
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Get the lentils ready first. Tip them into a small saucepan, cover with water and add the garlic and sage. Simmer gently for 15-20 minutes until tender.
- ☐ Drain, discard garlic and sage, season with salt and pepper. Stir in olive oil and set aside.
- ☐ Squeeze the juice of one lemon over anchovies in a bowl, add freshly ground black pepper and drizzle with olive oil.
- ☐ Mix capers with the parsley in another bowl. You can get to here several hours in advance.
- ☐ Preheat griddle pan until very hot. Season salmon on both sides, then sear, skin-side down (if pan is very hot the skin wont stick this goes for grilling on a barbecue, too). Turn fish over when you see it change colour halfway, then sear the other side. This will take 2-3 minutes on each side for rare salmon, but cooking time may vary if pieces of fish are very thick.
- ☐ To serve, reheat the lentils and put a large spoonful in the centre of warmed plates. Top with the salmon, skin-side up, then scatter the anchovies, capers and parsley on top.
- ☐ Serve with the remaining lemons.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:3.72, Inflammation Score:-8, Nutrition Score:21.898695551831%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 11.36mg, Kaempferol: 11.36mg, Kaempferol: 11.36mg, Kaempferol: 11.36mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 405.82kcal (20.29%), Fat: 26.65g (41%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 15.09g (5.49%), Sugar: 2.18g (2.42%), Cholesterol: 11.69mg (3.9%), Sodium: 853.03mg (37.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Vitamin K: 65.49µg (62.37%), Fiber: 13.34g (53.37%), Folate: 197.21µg (49.3%), Vitamin C: 34.66mg (42.02%), Copper: 0.61mg (30.69%), Manganese: 0.55mg (27.61%), Vitamin B1: 0.4mg (26.85%), Vitamin E: 3.89mg (25.94%), Phosphorus: 223.96mg (22.4%), Vitamin B6: 0.43mg (21.67%), Iron: 3.8mg (21.13%), Selenium: 11.3µg (16.14%), Potassium: 559.68mg (15.99%), Magnesium: 60.86mg (15.21%), Vitamin B3: 2.8mg (14%), Zinc: 2.03mg (13.53%), Vitamin B5: 1.28mg (12.77%), Vitamin B12: 0.68µg (11.26%), Vitamin B2: 0.19mg (10.96%), Vitamin A: 287.02IU (5.74%), Calcium: 47.23mg (4.72%)