



## Mustard crust salmon with beetroot & dill



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



10

CALORIES



2902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 large salmon fillet
- ☐ 5 tsp dijon mustard
- ☐ 5 tbsp mustard seeds yellow
- ☐ 5 tbsp olive oil light
- ☐ 750 beets cooked (not in vinegar)
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 optional: dill
- ☐ 100 g arugula wild

- ☐ 284 ml cream
- ☐ 1 tsp dijon mustard

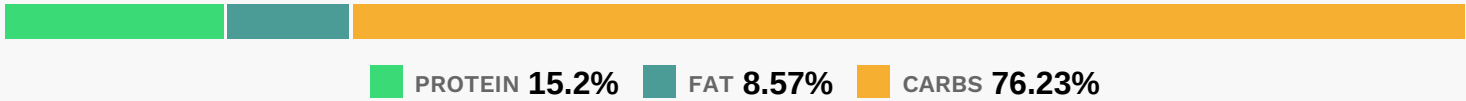
## Equipment

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Slash the skin on each fillet a couple of times, then season all over.
- ☐ Spread mustard over the skin side. Tip the mustard seeds onto a plate, then press the salmon skin-side down into them. Tap off any excess.
- ☐ Heat 2 tbsp oil in a heavy frying pan and fry the salmon, crust-side down, for 5 mins or until the skin and crust is crisp and golden. Turn, then cook for another 1-2 mins or until cooked through. Leave to cool, then keep in the fridge, loosely covered, for up to a day.
- ☐ Thinly slice the radishes.
- ☐ Cut the beetroot into wedges.
- ☐ Whisk 3 tbsp oil with vinegar and seasoning to make a dressing.
- ☐ To serve, chop dill and stir into dressing. Toss with radishes, beetroot and rocket, and transfer to a platter.
- ☐ Serve salmon on top of the beetroot.
- ☐ Mix the soured cream and Dijon mustard, season and serve on the side.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:266.15, Inflammation Score:-10, Nutrition Score:80.332173803578%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 22.76mg, Luteolin: 22.76mg, Luteolin: 22.76mg, Luteolin: 22.76mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Quercetin:

8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 2902.4kcal (145.12%), Fat: 29.51g (45.4%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 590.64g (196.88%), Net Carbohydrates: 417.76g (151.91%), Sugar: 417.14g (463.49%), Cholesterol: 63.04mg (21.01%), Sodium: 4879.39mg (212.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 117.76g (235.53%), Folate: 6741.57µg (1685.39%), Manganese: 20.37mg (1018.69%), Fiber: 172.88g (691.5%), Potassium: 20504.55mg (585.84%), Vitamin C: 303.43mg (367.79%), Magnesium: 1459.82mg (364.96%), Iron: 50.44mg (280.2%), Phosphorus: 2685.69mg (268.57%), Copper: 4.86mg (243.02%), Vitamin B6: 4.85mg (242.46%), Vitamin B2: 2.85mg (167.56%), Zinc: 22.42mg (149.46%), Vitamin B1: 2.14mg (142.64%), Vitamin B3: 27.45mg (137.23%), Selenium: 82.7µg (118.15%), Vitamin B5: 11.12mg (111.18%), Calcium: 1048.72mg (104.87%), Vitamin A: 2483.63IU (49.67%), Vitamin B12: 2.76µg (46.02%), Vitamin K: 28.04µg (26.71%), Vitamin E: 3.79mg (25.24%)