



Olive Oil-Poached Salmon with Dijon Apple Puree and Couscous Cake

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple juice
- 1 bunch baby arugula washed for serving
- 1.5 cups couscous
- 0.3 cup dijon mustard
- 2 eggs
- 0.5 cup flour all-purpose
- 2 tablespoons parsley fresh chopped

- 2 tablespoons tarragon fresh chopped
- 1 juice of lemon
- 4 servings kosher salt and pepper black freshly ground to taste
- 4 tablespoons olive oil for poaching
- 2 teaspoons cracked pepper white
- 3 apples red cored peeled quartered
- 16 ounces salmon fillet
- 1.5 cups water boiling

Equipment

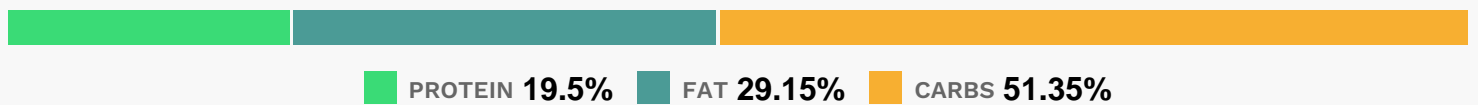
- bowl
- frying pan
- paper towels
- sauce pan
- pot
- blender

Directions

- In a saucepot over medium heat, cook the apples in apple juice. When the apples are soft, drain the apples, but reserve the juice.
- Add the apples to a blender with Dijon mustard. Blend on high, adding the reserved juice, a little at a time, until smooth.
- Pour the couscous into a large bowl.
- Add 1 1/2 cups boiling water to the couscous, cover, and let stand 10 minutes. Then, stir in the parsley, tarragon, lemon zest, and lemon juice. Season the mixture with salt, and pepper, to taste.
- Add the eggs and flour, and mix until thick and sticky. Form the mixture into 4 evenly portioned patties. In a large skillet over medium-high heat, heat 4 tablespoons olive oil. Cook the cakes in the hot oil until golden brown, flipping halfway through, and drain on paper towels to remove the excess oil. Keep the couscous cakes warm.

- In a large, deep saucepan, combine 1 quart olive oil with a good pinch of salt, and whitepepper and bring to a simmer. Season the salmon fillets with salt, and black pepper and add them to the oil in the pot, making sure they are completely submerged.
- Add more olive oil, if needed. Simmer over low heat and remove the salmon after 15 minutes. Cook's Note: The salmon will be cooked medium at this point. If you want it well done, keep on cooking it for 5 more minutes.
- To serve, place a bit of spinach or arugula on each plate, top with a couscous cake and the salmon. Top the salmon with a spoonful of apple puree.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:102.69, Glycemic Load:51.07, Inflammation Score:-9, Nutrition Score:37.810869538266%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 16.12mg, Epicatechin: 16.12mg, Epicatechin: 16.12mg, Epicatechin: 16.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 777.53kcal (38.88%), Fat: 25.27g (38.87%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 100.17g (33.39%), Net Carbohydrates: 91.23g (33.17%), Sugar: 27.26g (30.28%), Cholesterol: 144.21mg (48.07%), Sodium: 281.23mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.03g (76.06%), Selenium: 59.14µg (84.49%), Vitamin K: 75.53µg (71.94%), Vitamin B3: 12.85mg (64.27%), Manganese: 1.27mg (63.54%), Vitamin B12: 3.8µg (63.36%), Vitamin B6: 1.24mg (62.19%), Vitamin B2: 0.8mg (47.16%), Phosphorus: 467.34mg (46.73%),

Vitamin B1: 0.6mg (39.81%), Fiber: 8.95g (35.78%), Potassium: 1236.01mg (35.31%), Vitamin B5: 3.43mg (34.32%), Folate: 127.09µg (31.77%), Copper: 0.62mg (30.96%), Magnesium: 116.83mg (29.21%), Iron: 5.18mg (28.79%), Vitamin A: 1237.01IU (24.74%), Vitamin C: 19.22mg (23.29%), Vitamin E: 2.72mg (18.12%), Calcium: 165.93mg (16.59%), Zinc: 2.15mg (14.35%), Vitamin D: 0.44µg (2.93%)