



## Poached & smoked salmon pâté with bagel toasts

READY IN



22 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 servings olive oil for greasing and brushing
- ☐ 1 small bunch optional: dill whole chopped
- ☐ 240 g salmon smoked
- ☐ 340 g salmon fillet steamed flaked
- ☐ 400 g cream cheese light
- ☐ 4 spring onion finely chopped
- ☐ 10 bagels split mini

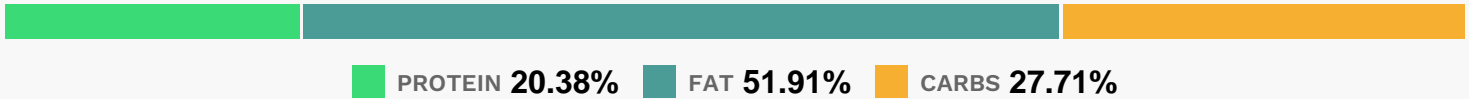
# Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Grease and line a loaf or terrine tin (about 650g) with cling film if you only have a standard 900g tin it will still be fine, just a bit flatter. Arrange the whole dill fronds and a few nice slivers of the smoked salmon on the bottom (this will be the top of the terrine so you want it to look quite neat).
- ☐ In a food processor, pulse half the cooked salmon fillets, half the remaining smoked salmon trimmings and the cream cheese with some seasoning. Dont overmix as you want it to have a bit of texture. Fold in half the dill, all the spring onions and the rest of the poached and smoked salmon so that you have some nice flakes of fish running through the pt.
- ☐ Scrape into the tin, smooth the surface and chill for at least 2 hrs or up to 2 days in advance.
- ☐ To serve, heat oven to 200C/180C fan/ gas
- ☐ Arrange the bagel halves in a single layer on a baking tray and brush each one with some oil.
- ☐ Sprinkle on a little of the dill and some sea salt, then bake for about 10–12 mins, until crisp and light golden. (If the oven is full, these can be done earlier and served at room temp.) Turn the terrine tin upside down and use the cling film to remove it. Unwrap and serve on a platter with the bagel toasts.

# Nutrition Facts



# Properties

Glycemic Index:14.88, Glycemic Load:19.41, Inflammation Score:-4, Nutrition Score:16.690869580144%

# Flavonoids

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: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin:

0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 473.56kcal (23.68%), Fat: 27.1g (41.69%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 31.18g (11.34%), Sugar: 3.05g (3.39%), Cholesterol: 66.88mg (22.29%), Sodium: 493.07mg (21.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.87%), Vitamin B12: 2.77µg (46.09%), Selenium: 28.5µg (40.71%), Vitamin B3: 6.72mg (33.59%), Vitamin B6: 0.65mg (32.31%), Phosphorus: 273.7mg (27.37%), Vitamin B2: 0.4mg (23.56%), Vitamin K: 21.4µg (20.38%), Vitamin B5: 1.82mg (18.24%), Vitamin B1: 0.27mg (18.19%), Potassium: 549.4mg (15.7%), Manganese: 0.31mg (15.59%), Vitamin E: 2.18mg (14.56%), Copper: 0.29mg (14.4%), Folate: 43.2µg (10.8%), Magnesium: 41.52mg (10.38%), Calcium: 96.87mg (9.69%), Iron: 1.55mg (8.64%), Zinc: 1.24mg (8.24%), Vitamin A: 374.47IU (7.49%), Fiber: 1.37g (5.46%), Vitamin C: 1.23mg (1.5%)