



## Roast pepper & salmon platter



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 large pasilla peppers red halved seeded
- ☐ 3 tbsp olive oil extra-virgin for the peppers
- ☐ 4 fillet salmon
- ☐ 3 tbsp pine nut
- ☐ 500 g pack new potato
- ☐ 1 tbsp balsamic vinegar
- ☐ 85 g marinated anchovy
- ☐ 2 tbsp caper rinsed

- ☐ 20 g pack basil shredded
- ☐ 2 handfuls rocket

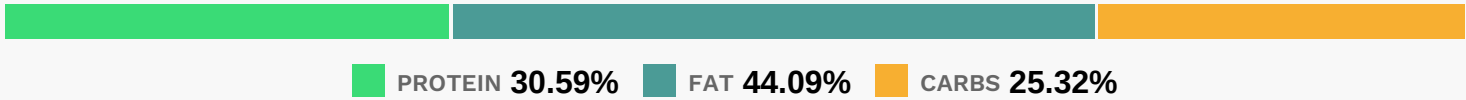
## Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Rub the peppers with a little oil, then place, skin side up, in a large roasting tin. Roast for 15 mins, then add the salmon to the tin, skin side down. Scatter over the pine nuts and return to the oven for 10 mins more.
- ☐ Meanwhile, boil the potatoes in their skins for 8–10 mins until tender, then thickly slice or halve.
- ☐ Mix the oil and vinegar in a large bowl and add the anchovies and capers. When the peppers are cool enough to handle, strip off the skins and very thickly slice the flesh. Toss into the oil mixture with the basil and potatoes, adding any juice from the peppers, then pile onto a large platter with the rocket. Flake the salmon on top in chunky pieces and scatter with the pine nuts.
- ☐ Serve with crusty bread to mop up the juices.

## Nutrition Facts



## Properties

Glycemic Index:66.94, Glycemic Load:19.01, Inflammation Score:-10, Nutrition Score:52.224782860797%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 10.18mg, Kaempferol: 10.18mg, Kaempferol: 10.18mg, Kaempferol: 10.18mg Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg

## Nutrients (% of daily need)

Calories: 570.24kcal (28.51%), Fat: 28.3g (43.54%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 28.86g (10.49%), Sugar: 10.69g (11.88%), Cholesterol: 106.25mg (35.42%), Sodium: 235.85mg (10.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.17g (88.34%), Vitamin C: 289.67mg (351.12%), Vitamin A: 7008.83IU (140.18%), Vitamin B6: 2.41mg (120.47%), Selenium: 70.54µg (100.76%), Vitamin B3: 20.1mg (100.5%), Vitamin B12: 5.54µg (92.3%), Manganese: 1.22mg (61.06%), Potassium: 1975.92mg (56.45%), Vitamin B2: 0.95mg (55.89%), Phosphorus: 553.84mg (55.38%), Vitamin K: 55.51µg (52.87%), Folate: 175.35µg (43.84%), Vitamin B1: 0.64mg (42.72%), Vitamin B5: 4.06mg (40.64%), Copper: 0.78mg (39.13%), Vitamin E: 5.71mg (38.03%), Magnesium: 139.99mg (35%), Fiber: 7.71g (30.84%), Iron: 4.79mg (26.59%), Zinc: 2.92mg (19.44%), Calcium: 109.94mg (10.99%)