



Salmon & fennel en croute with watercress sauce

READY IN



60 min.

SERVINGS



4

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fennel bulb halved very thinly sliced (approx 375g 13oz)
- ☐ 1 onion red spanish (onion)
- ☐ 25 g butter
- ☐ 2 garlic clove sliced
- ☐ 50 g watercress chopped
- ☐ 500 g puff pastry
- ☐ 4 fillet salmon fillet boneless skinless organic
- ☐ 1 eggs beaten

- ☐ 85 g ginger tea bags
- ☐ 200 g crème fraîche

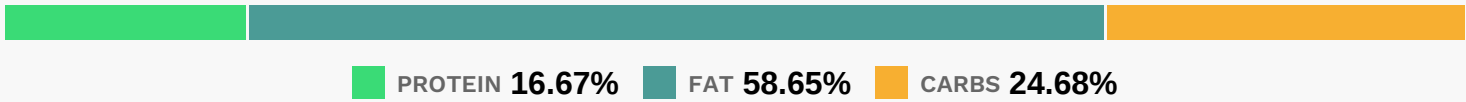
Equipment

- ☐ oven

Directions

- ☐ Fry the fennel and onion in the butter for 5 mins.
- ☐ Add the garlic, fry for 5 mins more until the veg is soft, then stir in the watercress.
- ☐ Cut the pastry into 4 pieces, then roll each piece to approx 22cm square. Spoon a quarter of the veg onto one half of each piece of pastry and spread to approx the shape of the salmon fillet.
- ☐ Put the fish on top, then brush round the pastry with egg, fold over and seal. Trim the pastry to make 4 parcels, then decorate with the trimmings.
- ☐ For the sauce, whizz all but 4 sprigs of watercress with the crme frache and seasoning.
- ☐ Heat until bubbling when ready to eat.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Brush the parcels with egg, then bake for 15 mins until golden.
- ☐ Serve parcels on a pool of sauce, garnished with the reserved watercress.
- ☐ Serve with new potatoes and green beans or salad.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:33.47, Inflammation Score:-9, Nutrition Score:45.469565381175%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg

9.63mg, Quercetin: 9.63mg

Nutrients (% of daily need)

Calories: 1140.57kcal (57.03%), Fat: 74.5g (114.61%), Saturated Fat: 22.45g (140.31%), Carbohydrates: 70.54g (23.51%), Net Carbohydrates: 64.48g (23.45%), Sugar: 8.48g (9.42%), Cholesterol: 177.36mg (59.12%), Sodium: 524.68mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.65g (95.3%), Selenium: 98.87µg (141.24%), Vitamin K: 126.21µg (120.2%), Vitamin B3: 19.45mg (97.23%), Vitamin B12: 5.62µg (93.66%), Vitamin B6: 1.58mg (78.95%), Vitamin B2: 1.2mg (70.45%), Vitamin B1: 0.94mg (62.33%), Phosphorus: 552.55mg (55.26%), Manganese: 0.96mg (48.02%), Folate: 186.34µg (46.59%), Potassium: 1560.23mg (44.58%), Vitamin B5: 3.53mg (35.25%), Copper: 0.69mg (34.32%), Iron: 5.75mg (31.95%), Vitamin C: 22.37mg (27.11%), Magnesium: 101.39mg (25.35%), Fiber: 6.06g (24.25%), Vitamin A: 1152.68IU (23.05%), Calcium: 172.43mg (17.24%), Zinc: 2.37mg (15.83%), Vitamin E: 1.94mg (12.91%), Vitamin D: 0.22µg (1.47%)