



Salmon Potato Hash

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



823 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1.5 teaspoons mustard dry
- ☐ 3 egg yolks
- ☐ 4 large to 6 farm eggs fresh organic
- ☐ 6 servings optional: dill fresh for garnish
- ☐ 3 sprigs thyme leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 2 green onions finely chopped

- ☐ 1 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 lemon zest
- ☐ 1 cup olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin
- ☐ 2 onions thinly sliced
- ☐ 1 bell pepper red thinly sliced
- ☐ 4 russet potatoes rinsed cut into large dice
- ☐ 1 teaspoon paprika smoked
- ☐ 2 pound center-cut
- ☐ 1.5 sticks butter unsalted melted
- ☐ 3 tablespoons water
- ☐ 6 servings water
- ☐ 6 servings vinegar white

Equipment

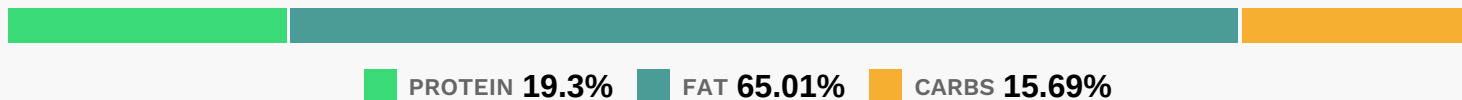
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Place the salmon on a large baking sheet skin-side down.

- ☐ Drizzle salmon with olive oil and season with salt and pepper, to taste.
- ☐ Place into the oven and bake for 30 minutes until flaky.
- ☐ Transfer to a cutting board.
- ☐ Heat a large saute pan over medium-high heat and add olive oil. Once heated add the potatoes and shallow-fry for about 8 minutes until evenly browned on all sides.
- ☐ Remove the potatoes with a slotted spoon and place onto a paper towel-lined plate. Season with salt and pepper and transfer to a large bowl.
- ☐ Using 2 forks, flake the salmon, removing it in chunks from the skin, and fold into the potatoes.
- ☐ Remove most of the oil, leaving only a couple of tablespoons.
- ☐ Place over medium heat and add the sliced onions, sliced peppers and garlic and allow to caramelize.
- ☐ Add the green onions, thyme leaves, paprika and cayenne pepper. Season with salt and freshly ground black pepper, to taste, and stir to combine.
- ☐ Add the potatoes back to the pan and stir to combine.
- ☐ Place a large saute pan with high sides over medium heat and fill with a few inches of water.
- ☐ Heat until just below a simmer.
- ☐ Add a splash of white vinegar and using a wooden spoon, stir the water in 1 direction to create a small whirlpool. Crack the eggs and add, 1 at a time, to the spinning water. Allow to poach until desired doneness.
- ☐ Remove with a slotted spoon to a plate.
- ☐ Put the egg yolks, lemon zest, lemon juice, mustard, water, salt and pepper, to taste, into a blender. Blend together and then slowly start pouring in the melted butter with the blender running. Stop the blender when all the butter has been incorporated. Taste and adjust the seasoning, if necessary. Thin the hollandaise with a little water, if it is too thick.
- ☐ Place the salmon-potato hash on serving plates or serving platter and top with the eggs.
- ☐ Pour hollandaise sauce over the eggs and garnish with or dill. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:65.79, Glycemic Load:21.39, Inflammation Score:-9, Nutrition Score:38.898695531099%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 822.65kcal (41.13%), Fat: 59.73g (91.89%), Saturated Fat: 20.91g (130.71%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 29.08g (10.57%), Sugar: 3.78g (4.2%), Cholesterol: 365.1mg (121.7%), Sodium: 144.69mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.89g (79.78%), Selenium: 72.78µg (103.97%), Vitamin B6: 1.95mg (97.36%), Vitamin B12: 5.33µg (88.8%), Vitamin B3: 13.73mg (68.67%), Phosphorus: 513.82mg (51.38%), Vitamin B2: 0.87mg (51.26%), Vitamin C: 40.77mg (49.42%), Potassium: 1529.03mg (43.69%), Vitamin B5: 3.9mg (38.96%), Vitamin A: 1943.17IU (38.86%), Vitamin B1: 0.53mg (35.17%), Vitamin E: 4.79mg (31.9%), Copper: 0.63mg (31.71%), Folate: 108.46µg (27.12%), Vitamin K: 27.35µg (26.04%), Magnesium: 94.98mg (23.74%), Iron: 3.85mg (21.41%), Manganese: 0.4mg (19.95%), Zinc: 2.27mg (15.11%), Fiber: 3.36g (13.43%), Vitamin D: 1.58µg (10.51%), Calcium: 101.77mg (10.18%)