



Salmon Wellington

READY IN



135 min.

SERVINGS



10

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 1 tablespoon dijon mustard
- 2 tablespoons tarragon dried
- 1 egg plus 2 teaspoons water for egg wash
- 1 teaspoon ground pepper black
- 1 cup heavy cream
- 3 leeks washed and sliced
- 2 sheets puff pastry thawed
- 1 onion red finely sliced

- 3 pound salmon fillet skinless
- 1 teaspoon salt
- 0.5 teaspoon pepper white
- 0.5 cup white wine

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat the oven to 350 degrees F.
- Melt the butter in a large skillet over medium heat.
- Add the leeks, red onion and tarragon and saute until the onion mix is soft, about 10 minutes.
- Add the wine, raise the heat to high and bring to a boil.
- Let the liquid cook off, add the salt and pepper, and remove from the heat and set aside.
- Let cool before using.
- Unfold 1 pastry sheet and lay it on a lightly floured surface.
- Brush 1 edge with the egg wash and overlap the other sheet by 2 inches.
- Roll the pastry out until it's big enough to fold around the salmon. Spoon the cooled leek mixture down the center of the pastry, place the salmon on top of the leeks and fold the pastry over the salmon. Egg wash the edges to seal and press well.
- Place the salmon parcel seam side down on a sheet pan.
- Brush with egg wash and place in the oven for 30 to 40 minutes, until the pastry is puffed and golden brown.
- Remove from the oven and let sit for 15 minutes before slicing. Slice and serve with Dijon Whipped Cream.
- Pour the cream into a chilled stainless steel bowl and whisk until soft peaks begin to form.

Add the mustard, salt and pepper and continue to whisk until stiff peaks form. Refrigerate until ready to use.

Nutrition Facts

PROTEIN 20.6% **FAT 61.25%** **CARBS 18.15%**

Properties

Glycemic Index:31.4, Glycemic Load:13.75, Inflammation Score:-8, Nutrition Score:28.396956443787%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 647.03kcal (32.35%), Fat: 43.37g (66.72%), Saturated Fat: 16.04g (100.24%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 27.27g (9.92%), Sugar: 2.72g (3.03%), Cholesterol: 136.16mg (45.39%), Sodium: 504.91mg (21.95%), Alcohol: 1.24g (100%), Alcohol %: 0.57% (100%), Protein: 32.82g (65.64%), Selenium: 64.59µg (92.28%), Vitamin B12: 4.42µg (73.65%), Vitamin B3: 13.03mg (65.14%), Vitamin B6: 1.26mg (62.82%), Vitamin B2: 0.76mg (44.5%), Vitamin B1: 0.54mg (35.85%), Phosphorus: 347.28mg (34.73%), Manganese: 0.57mg (28.36%), Folate: 98.79µg (24.7%), Vitamin B5: 2.47mg (24.65%), Potassium: 847.32mg (24.21%), Vitamin A: 1144.72IU (22.89%), Copper: 0.45mg (22.65%), Vitamin K: 22.24µg (21.18%), Iron: 3.57mg (19.85%), Magnesium: 65.46mg (16.36%), Zinc: 1.39mg (9.24%), Calcium: 78.97mg (7.9%), Fiber: 1.65g (6.59%), Vitamin E: 0.98mg (6.53%), Vitamin C: 4.89mg (5.92%), Vitamin D: 0.47µg (3.13%)