



Salmon with tarragon Hollandaise



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 fillet salmon fillet
- ☐ 125 g asparagus ends trimmed
- ☐ 2 bunches cherry tomatoes
- ☐ 1 tbsp tarragon chopped
- ☐ 150 ml knorr hollandaise sauce fresh (we used Joubère Hollandaise Sauce)

Equipment

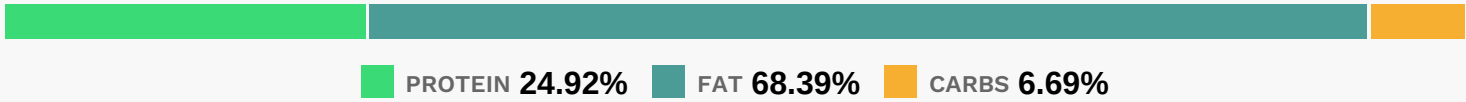
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat the oil in an ovenproof pan over a high heat.
- ☐ Add the salmon, skin-side down, then cook for 5 mins until the skin is crisp.
- ☐ Add the asparagus and vine tomatoes to the pan, then place in the oven. Cook for 7-10 mins until the salmon is just cooked through.
- ☐ Add the tarragon to the Hollandaise and stir through.
- ☐ Drizzle over the salmon, then serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:29.739130248194%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 604.1kcal (30.2%), Fat: 46.13g (70.97%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.66g (3.15%), Sugar: 1.2g (1.33%), Cholesterol: 104.31mg (34.77%), Sodium: 639.9mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.82g (75.64%), Selenium: 63.6µg (90.85%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.51mg (75.31%), Vitamin B3: 14.19mg (70.97%), Vitamin B2: 0.77mg (45.09%), Phosphorus: 380.29mg (38.03%), Vitamin B1: 0.48mg (32%), Vitamin B5: 3mg (30.01%), Potassium: 1033.98mg (29.54%), Vitamin K: 30.24µg (28.8%), Copper: 0.56mg (28.01%), Folate: 81.71µg (20.43%), Iron: 3.52mg (19.55%), Magnesium: 66.47mg (16.62%), Manganese: 0.32mg (15.91%), Vitamin A: 646.19IU (12.92%), Vitamin E: 1.72mg (11.47%), Zinc: 1.52mg (10.14%), Calcium: 62.92mg (6.29%), Fiber: 1.5g (5.99%), Vitamin C: 4.93mg (5.97%)