



Sea trout with samphire, potted shrimp & lemon

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g charlotte potatoes – larger ones lengthways halved
- ☐ 2 fillet salmon
- ☐ 1 pinch cayenne pepper
- ☐ 1 tsp vegetable oil
- ☐ 25 g butter unsalted
- ☐ 1 tbsp shallots finely chopped
- ☐ 4 tbsp white wine (I used white Burgundy)

- ☐ 57 g potted shrimp (see tip, below)
- ☐ 1 tarragon sprig chopped
- ☐ 1 juice of lemon
- ☐ 85 g samphire washed well

Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula
- ☐ colander
- ☐ steamer basket

Directions

- ☐ Steam the potatoes for 15–20 mins, either using a steamer basket or a simple metal colander over a pan of boiling water, with a lid on top. Put 3 plates in a low oven to warm.
- ☐ Slash the fish skin a few times, then season generously and sprinkle with the cayenne. Put a heavy-based frying pan over a medium heat, adding the oil once the pan is hot. Cook the fish, skin-side down, for 6 mins, until the skin is golden and crisp. Avoid the urge to move it about.
- ☐ Season the fish on the upper side, then carefully turn the fillets using a fish slice or spatula. Cook for 2 mins more until the fish has changed from dark to pale pink all over, with a little blush remaining in the thickest part.
- ☐ Transfer to a warm plate. Wipe out the pan with kitchen paper.
- ☐ Scatter the samphire over the cooked potatoes, return the lid and steam for 2–3 mins until just tender.
- ☐ Melt the butter in the frying pan and sizzle the shallot for 1 min. Splash in the wine, boil to reduce by half, then add the shrimps, tarragon and lemon juice to taste. Swirl the pan off the heat to melt the potted shrimp butter and make a buttery sauce, then season to taste. Spoon the veg onto warm plates, drizzle with a little sauce, then top with the fish, the rest of the sauce and the shrimps.

Nutrition Facts



Properties

Glycemic Index:115.38, Glycemic Load:22.86, Inflammation Score:-7, Nutrition Score:34.706956593887%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 547.27kcal (27.36%), Fat: 23.77g (36.57%), Saturated Fat: 8.52g (53.28%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 29.41g (10.69%), Sugar: 2.65g (2.94%), Cholesterol: 166.26mg (55.42%), Sodium: 1015.66mg (44.16%), Alcohol: 3.09g (100%), Alcohol %: 0.81% (100%), Protein: 43.88g (87.77%), Vitamin B6: 1.96mg (97.98%), Vitamin B12: 5.43µg (90.45%), Selenium: 62.83µg (89.76%), Vitamin B3: 15.32mg (76.58%), Phosphorus: 515.05mg (51.51%), Vitamin C: 40.97mg (49.66%), Potassium: 1717.55mg (49.07%), Vitamin B2: 0.72mg (42.42%), Copper: 0.74mg (36.95%), Vitamin B1: 0.53mg (35.62%), Vitamin B5: 3.41mg (34.08%), Magnesium: 106.54mg (26.63%), Manganese: 0.4mg (19.86%), Folate: 77.3µg (19.32%), Fiber: 4.49g (17.95%), Iron: 3.19mg (17.75%), Zinc: 2.07mg (13.82%), Vitamin A: 426.78IU (8.54%), Vitamin K: 8.54µg (8.13%), Calcium: 73.86mg (7.39%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.19µg (1.25%)