



WHATSheATE



Seared Salmon with Winter Vegetables and Kombu Broth



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup vermouth dry
- ☐ 3 ounces kombu
- ☐ 1 tablespoon kosher salt plus more
- ☐ 1 optional: lemon halved
- ☐ 24 ounce skin-on salmon fillet
- ☐ 3 large shallots sliced into rings

- ☐ 12 ounces baby turnips peeled quartered
- ☐ 2 tablespoons vegetable oil divided
- ☐ 1 small onion yellow halved

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add onion, cut sides down, and cook, undisturbed, until dark brown, about 5 minutes.
- ☐ Transfer onion to a large Dutch oven or other large pot and add turnips, shallots, ginger, kombu, 1 tablespoon salt, and 8 cups water. Bring to a gentle simmer (do not boil or broth will be bitter) and cook until broth is light golden and onion is soft, 40–50 minutes.
- ☐ Add vermouth to broth and simmer 5 minutes.
- ☐ Remove onion and kombu; discard.
- ☐ Add squash and simmer until just softened, 12–15 minutes.
- ☐ Add turnip greens and simmer, stirring occasionally, until tender, about 2 minutes.
- ☐ Meanwhile, season salmon with salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Cook salmon, skin side down, until skin is very crisp, about 2 minutes. Turn salmon and cook 30 seconds longer (salmon will be rare; it will continue to cook in the hot broth). Spoon broth and vegetables into shallow bowls and top with salmon, skin side up; squeeze lemon over.
- ☐ DO AHEAD: Broth and vegetables (without turnip greens) can be made 1 day ahead. Reheat and add greens just before serving.
- ☐ Per serving: 420 calories, 14 g fat, 7 g fiber
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **38.45%**  FAT **43.18%**  CARBS **18.37%**

Properties

Glycemic Index:31.25, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:21.029565256575%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 274.21kcal (13.71%), Fat: 11.94g (18.37%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.1g (3.31%), Sugar: 4.17g (4.63%), Cholesterol: 62.37mg (20.79%), Sodium: 1286mg (55.91%), Alcohol: 3.8g (100%), Alcohol %: 1.76% (100%), Protein: 23.92g (47.85%), Selenium: 42.17µg (60.25%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.05mg (52.54%), Vitamin B3: 9.26mg (46.32%), Vitamin C: 23.74mg (28.77%), Vitamin B2: 0.48mg (28.15%), Phosphorus: 261.98mg (26.2%), Vitamin B5: 2.18mg (21.78%), Potassium: 761.75mg (21.76%), Vitamin B1: 0.31mg (20.41%), Copper: 0.37mg (18.73%), Folate: 70.83µg (17.71%), Vitamin K: 18.06µg (17.2%), Magnesium: 61.71mg (15.43%), Iron: 1.78mg (9.91%), Manganese: 0.2mg (9.76%), Fiber: 2.33g (9.33%), Zinc: 1.14mg (7.59%), Calcium: 67.58mg (6.76%), Vitamin E: 0.55mg (3.64%), Vitamin A: 67.04IU (1.34%)