



Smoky chermoula salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz salmon fillet
- ☐ 4 garlic clove
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 0.5 tbsp coriander seeds
- ☐ 1 tbsp cumin
- ☐ 1 tbsp paprika smoked
- ☐ 0.5 tsp ground pepper
- ☐ 4 tbsp olive oil

- ☐ 1 juice of lemon
- ☐ 1 pinch saffron threads
- ☐ 1 to 5 chillies red deseeded chopped

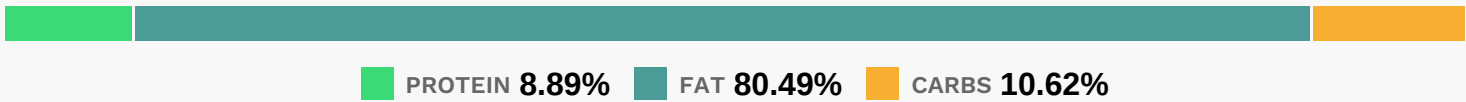
Equipment

- ☐ food processor
- ☐ aluminum foil

Directions

- ☐ Tip all the ingredients for the marinade into a food processor and blitz until you have a rough paste. Sit the salmon in a dish and rub the marinade all over the flesh. Leave for 1 hr or overnight in the fridge.
- ☐ Heat the barbecue and fold a length of foil longer than the fish into a strip and sit the salmon on top, skin-side down. Using the ends of the foil, lift the fish onto the bars of the barbecue if you have a kettle barbecue, place the lid on. Leave the fish for about 15 mins until it is just cooked through. Using the foil, carefully lift the fish onto a platter and scatter with coriander and chilli.
- ☐ Let everyone pull bits of the fish away, but leave the skin behind.
- ☐ Serve with a simple tomato, red onion and cumin seed salad.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:8.3273911994437%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 168.14kcal (8.41%), Fat: 15.7g (24.16%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.26g (1.19%), Sugar: 1.07g (1.19%), Cholesterol: 7.8mg (2.6%), Sodium: 13.05mg (0.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Vitamin C: 20.99mg (25.44%), Vitamin A: 1223.13IU (24.46%), Vitamin E: 2.78mg (18.56%), Vitamin K: 17.92µg (17.07%), Vitamin B6: 0.27mg (13.31%), Iron: 1.89mg (10.48%), Manganese: 0.18mg (9.03%), Selenium: 6.05µg (8.65%), Vitamin B3: 1.58mg (7.91%), Vitamin B12: 0.45µg (7.51%), Potassium: 215.38mg (6.15%), Vitamin B2: 0.1mg (5.97%), Fiber: 1.4g (5.61%), Phosphorus: 55.56mg (5.56%), Magnesium: 19.46mg (4.87%), Copper: 0.1mg (4.85%), Vitamin B1: 0.07mg (4.45%), Vitamin B5: 0.34mg (3.42%), Calcium: 33.39mg (3.34%), Folate: 10.22µg (2.55%), Zinc: 0.35mg (2.34%)