



Spiced salmon with coriander mash



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg potatoes peeled cut into chunks
- ☐ 2 tsp curry paste good (tikka is)
- ☐ 200 g greek yogurt
- ☐ 4 fillet salmon fillet (check the scales have been removed)
- ☐ 25 g butter
- ☐ 0.5 tsp pepper dried
- ☐ 4 tbsp milk
- ☐ 1 large handful cilantro leaves chopped

☐ 4 servings tomatoes

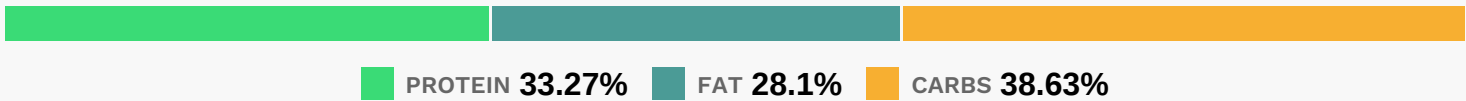
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ potato masher
- ☐ grill

Directions

- ☐ Boil the potatoes for about 12 mins until tender.
- ☐ Heat the grill to high, stir the curry paste into 4 tbsp of the yogurt, then smear the mixture all over the salmon.
- ☐ Put the salmon in a large flameproof dish, skin-side up, and grill for 10 mins.
- ☐ Drain the potatoes and return to the pan.
- ☐ Add the remaining yogurt with the butter, chilli flakes and milk. Mash together with a potato masher or use an electric hand whisk to beat the mash to a really creamy texture, adding more milk if you need to. Stir the coriander leaves through. Pile onto plates, place the salmon next to it and drizzle with the cooking juices.
- ☐ Serve with grilled tomatoes.

Nutrition Facts



Properties

Glycemic Index:60.44, Glycemic Load:34.08, Inflammation Score:-9, Nutrition Score:45.068261130996%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 554.42kcal (27.72%), Fat: 17.32g (26.65%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 45.72g (16.62%), Sugar: 9.25g (10.28%), Cholesterol: 111.24mg (37.08%), Sodium: 167.29mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.15g (92.3%), Vitamin B6: 2.32mg (116.01%), Vitamin B12: 5.85µg (97.46%), Selenium: 68.16µg (97.37%), Vitamin C: 74.39mg (90.17%), Vitamin B3: 17.23mg (86.15%), Potassium: 2416.69mg (69.05%), Phosphorus: 611.58mg (61.16%), Vitamin B2: 0.93mg (54.56%), Vitamin A: 2290.24IU (45.8%), Vitamin B1: 0.67mg (44.79%), Copper: 0.81mg (40.73%), Vitamin B5: 3.97mg (39.65%), Magnesium: 134.66mg (33.66%), Fiber: 7.87g (31.47%), Manganese: 0.63mg (31.43%), Folate: 113.88µg (28.47%), Iron: 3.96mg (21.99%), Vitamin K: 22.82µg (21.73%), Zinc: 2.47mg (16.45%), Calcium: 148.85mg (14.88%), Vitamin E: 1.27mg (8.5%), Vitamin D: 0.17µg (1.1%)