



Tarragon salmon with crispy root chips



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g beets mixed such as carrot, parsnips and celeriac, cut into chips
- ☐ 2 tbsp olive oil
- ☐ 4 fillet salmon fillet
- ☐ 2 tsp tarragon fresh chopped
- ☐ 250 ml wine
- ☐ 400 g pkt spinach
- ☐ 4 servings nutmeg freshly grated

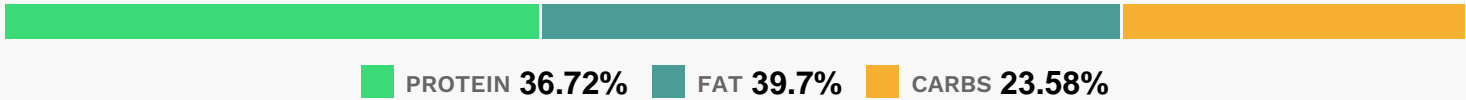
Equipment

- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Steam or boil the roots for 5 mins, drain well, then pat dry.
- ☐ Pour 1 tbsp of the oil into a non-stick roasting tin, then put in the oven to heat up.
- ☐ Add the roots, toss to coat them with oil, then return to the oven for 20-25 mins, shaking the pan halfway through until the chips are crisp and golden.
- ☐ Meanwhile, cook the salmon.
- ☐ Sprinkle each fillet with a little tarragon, salt and pepper.
- ☐ Heat the remaining oil in a large non-stick frying pan, add the salmon, flesh-side down, then cook for a few mins until the flesh is starting to colour. Flip the fillets over, then cook for a few mins more.
- ☐ Pour in the wine and bring to the boil. Simmer the salmon in the wine, basting occasionally for 5-7 mins until the salmon is cooked and the sauce is slightly thickened.
- ☐ Boil a kettle of water.
- ☐ Put the spinach in a large colander, then pour the water over the leaves until wilted. Press out as much water as possible, then season the spinach with a little nutmeg.
- ☐ Divide the spinach between 4 warm plates, then top with the salmon.
- ☐ Pour a little sauce over each, then serve the chips alongside.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:10, Inflammation Score:-10, Nutrition Score:52.984782840895%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 6.39mg, Kaempferol: 6.39mg, Kaempferol: 6.39mg, Kaempferol: 6.39mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 477.13kcal (23.86%), Fat: 19.29g (29.68%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 17.51g (6.37%), Sugar: 15.12g (16.8%), Cholesterol: 93.5mg (31.17%), Sodium: 313.93mg (13.65%), Alcohol: 6.53g (100%), Alcohol %: 1.52% (100%), Protein: 40.15g (80.3%), Vitamin K: 487.87µg (464.64%), Vitamin A: 9546.64IU (190.93%), Folate: 458.85µg (114.71%), Selenium: 64.58µg (92.26%), Vitamin B12: 5.41µg (90.1%), Manganese: 1.78mg (88.91%), Vitamin B6: 1.77mg (88.69%), Vitamin B3: 14.92mg (74.6%), Potassium: 2117.25mg (60.49%), Vitamin B2: 0.94mg (55.08%), Phosphorus: 487.18mg (48.72%), Magnesium: 187.08mg (46.77%), Vitamin C: 38.36mg (46.5%), Copper: 0.73mg (36.67%), Vitamin B1: 0.54mg (35.75%), Iron: 6.2mg (34.44%), Fiber: 8.28g (33.1%), Vitamin B5: 3.23mg (32.32%), Vitamin E: 3.12mg (20.79%), Calcium: 169.97mg (17%), Zinc: 2.47mg (16.46%)