

food
network



HEALTH SCORE

98%

Tray Baked Salmon with Olives, Green Beans, Anchovies and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 fillet anchovy
- ☐ 1 handfuls olives black good
- ☐ 20 small cherry tomatoes
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large egg yolk
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 cup approximately extra virgin olive oil

- ☐ 1 handful basil fresh
- ☐ 0.5 small clove garlic peeled
- ☐ 7 ounces green beans
- ☐ 4 servings juice of lemon to taste
- ☐ 2 lemons
- ☐ 1 cup approximately olive oil
- ☐ 32 ounce salmon fillet steaks skinless with or , but definitely pin-boned thick
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground

Equipment

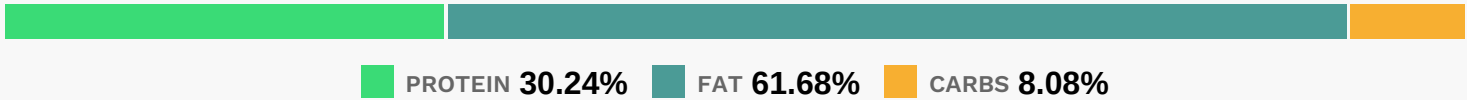
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Tail the green beans, blanch them until tender in salted, boiling water, and drain. Put in a bowl with the cherry tomatoes and the stoned olives. Toss in the olive oil and a pinch of salt and pepper.
- ☐ Give the salmon fillets a quick wash under the tap and pat dry with kitchen paper towels. Squeeze the juice of 1/2 a lemon over the fillets, on both sides, then season both sides with salt and pepper and drizzle a little olive oil over the top. Preheat the oven and a roasting tray at the highest temperature. Put your 4 fillets of salmon at 1 end of the roasting tray. Toss the basil into the green beans, olives and tomatoes and place this mixture at the other end of the tray.
- ☐ Lay the anchovies over the green beans. Roast in the preheated oven for 10 minutes, then remove from the oven and serve with lemon quarters.
- ☐ This is very tasty with some homemade mayonnaise or aioli.

- ☐
- Smash up the garlic with the salt in a mortar and pestle (if you don't have a mortar and pestle you can very finely chop the garlic).
- ☐
- Place the egg yolk and mustard in a bowl and whisk. Then start to add your olive oil bit by bit. Once you've blended in a half cup of the olive oil you can start to add the rest in larger amounts. When you've added it all, you can add the garlic and lemon (to taste) and any extra flavors such as basil, fennel tops, dill, chopped roast nuts. To finish just season to taste with salt, freshly ground black pepper and lemon juice.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:42.379130415294%

Flavonoids

Eriodictyol: 12.27mg, Eriodictyol: 12.27mg, Eriodictyol: 12.27mg, Eriodictyol: 12.27mg Hesperetin: 17.24mg, Hesperetin: 17.24mg, Hesperetin: 17.24mg, Hesperetin: 17.24mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 662.86kcal (33.14%), Fat: 45.9g (70.62%), Saturated Fat: 6.9g (43.14%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.54g (6.15%), Cholesterol: 177.84mg (59.28%), Sodium: 801.66mg (34.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.63g (101.26%), Selenium: 91.03µg (130.04%), Vitamin B12: 7.37µg (122.82%), Vitamin B6: 2.08mg (104.13%), Vitamin B3: 20.42mg (102.11%), Vitamin C: 60.07mg (72.81%), Vitamin B2: 1mg (58.85%), Phosphorus: 546.1mg (54.61%), Potassium: 1550.53mg (44.3%), Vitamin B5: 4.33mg (43.31%), Vitamin B1: 0.63mg (41.84%), Vitamin K: 43.31µg (41.24%), Copper: 0.73mg (36.38%), Vitamin E: 5.28mg (35.2%), Folate: 100.95µg (25.24%), Magnesium: 97.93mg (24.48%), Iron: 3.99mg (22.15%), Vitamin A: 976.25IU (19.52%), Fiber: 3.75g (15.01%), Manganese: 0.29mg (14.65%), Zinc: 2.05mg (13.7%), Calcium: 99.02mg (9.9%), Vitamin D: 0.23µg (1.53%)