

Salmon With Greens

Calories: 721 kcal

Servings: 1

Time: 25 Mins

Ingredients

- 20.00 g Brown Onion (sliced thinly)
- 1.00 tbsp Butter
- 1.00 cube Fish Stock
- 25.00 g Frozen Peas
- 1.00 clove Garlic (crushed)
- 120.00 g Salmon (Fillets)
- 2.00 g Salt and Pepper (to season)
- 20.00 g Spring Onion (cut into 4cm lengths)
- 150.00 ml Water (warm)

Instructions

1. Melt half of the butter in a saucepan on medium heat. Cook salmon until browned on both sides. Remove from pan and cover to keep warm.
2. Melt remaining butter in same pan. Sauté garlic and brown onion, stirring, until onion softens.
3. Add stock combined with warm water, peas and spring onion. Bring to a boil, then reduce heat and simmer uncovered for 2-3 minutes until water is almost evaporated.
4. Return salmon to pan (skin side up) and cook uncovered until salmon is cooked as desired.
5. To serve, plate greens and salmon, and season with sea salt and pepper.