

# Salsa verde with salmon



Preparation  
Time



Cooking  
Time



Serves



## Ingredients:

- 4 x 180g salmon fillets
- 2 tablespoons extra virgin olive oil

## Salsa verde:

- 2 garlic cloves, finely chopped
- Finely grated rind and juice from 1 lemon
- 1 cup flat leaf parsley
- 1 cup basil
- 2 teaspoons capers, rinsed
- 180ml extra virgin olive oil
- Salt and pepper
- 1 lemon, sliced

## Method:

- Heat a medium-sized fry pan over medium-high heat. Coat salmon with olive oil and place in a hot pan, skin side down. Cook for approximately 3-5 minutes, turning once. Remove salmon and place on a plate to rest.
- Combine salsa verde ingredients in a food processor and pulse until smooth.
- Sprinkle salmon with salt and pepper, and add a squeeze of lemon to taste. Drizzle with the salsa verde and enjoy.
- Serve with cauliflower puree.

**Do you like this recipe?** You might be interested in more recipes developed by Amie Harper, food and nutrition expert – [www.thinkpei.com.au](http://www.thinkpei.com.au)

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	3200kj	1100kj
Protein	40g	14g
Fat total	67g	23g
Saturated fat	12g	4g
Monounsaturated fat	43g	15g
Polyunsaturated fat	8g	3g
Trans fat	0.08g	0.03g
Very long chain N3 fatty acids	3g	1g
Carbohydrates	1g	0.3g
Sugars	0.6g	0.2g
Fibre	2g	0.8g
Sodium	170mg	60mg

## Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.