

Lemon and fennel baked salmon, new potatoes, and green beans

382

Typ: Fisch

Quelle: woman&home 2007, 4, 180

Bemerkungen: Zum Geburtstag, 7 Apr 2007.
Fenchel vorher angedünstet (ca. 5 min).
Kartoffel-Bohnen-Salat lange vorher ziehen lassen (ca. 4 h).

Zutaten: 4 bulbs fennel, thinly sliced
1 lemon, thinly sliced
2 to 3tbsp olive oil
8 salmon fillets, preferably organic or wild
500 g new potatoes, halved if large
300 g green beans
2 egg yolks
1tsp Dijon mustard
squeeze of lemon juice
150 mL light olive oil or sunflower oil
1tbsp chopped fresh dil

Rezept: PREPARATION TIME: 10 MINUTES COOKING TIME: 30 MINUTES
SERVES 8

Preheat the oven to 180 °C, 160 C fan, 350 F gas 4. Place the fennel and lemon slices on a baking sheet, drizzle with oil, season well and roast for 15 minutes.

Meanwhile, brown the skin side of the salmon in a non-stick frying pan. Add the salmon to the fennel, drizzle with a little more oil and cook for 12 minutes.

Meanwhile, cook the potatoes and beans until tender in boiling salted water. Drain and set aside.

Meanwhile, make the mayonnaise. Place yolks in a bowl, add mustard and lemon juice and whisk until well mixed. Slowly add oil, whisking vigorously until emulsified and thickened. Stir in the dill. Put the warm potatoes and beans into a bowl, spoon over mayonnaise and stir well. Spoon the fennel and lemon onto plates, top with the salmon and serve with the potato and green beans on the side.

Per serving: 495cals, 34g fat, 6g saturated fat, 129 carbohydrate