

Salmon with Asparagus and Spinach Sauce and New Potatoes

Serves 10

Ingredients	
750g salmon fillets	250g frozen spinach
1kg new potatoes, washed and cleaned	200g asparagus, chopped in to 3-4 pieces
300g broccoli florets	1 (6g) clove garlic, peeled chopped
140g cream cheese	15ml olive oil
130ml single cream	



- **METHOD:**
- In a pan, boil enough water for the potatoes and place them on the heat to cook
- In another pan, cover the salmon fillets with water, add the bay leaves, heat gently to simmering point, poach for 5-7 minutes until cooked through. At this point begin to cook the broccoli in boiling water
- Meanwhile, in a 3rd pan, blanch the frozen spinach and asparagus in boiling water for 1 minute. Place a pan with the garlic and olive oil on a medium heat. Now drain the asparagus and spinach, add them to the pan with the olive oil and cook for 1 minute. Turn the heat down slightly and add the cream, stirring all the time.
- Add the cream cheese keep the heat low – medium and continue to stir, cook for 3-4 minutes until asparagus is soft. Then blitz the asparagus and spinach mixture into a creamy sauce.
- Flake the salmon onto each plate with the potatoes and broccoli, drizzle 1-2 tablespoons of the sauce over the salmon. Serve

✓ **COOKS TIP – FOR PUREE DIETS, PREPARE EXTRA POTATOES AND BROCCOLI AND MAKE A PUREE**

✓ **FOR DAIRY FREE DIETS USE NON DAIRY CREAM AND DAIRY FREE CREAM CHEESE**

✓ **FOR VEGETARIAN DIETS, USE QUORN FILLETS**

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
285	16.3	17.8	15.7	2.3	0.2	1.3	95