

POACHED SALMON WITH BUTTER BEAN PUREE & CAPERS



MINUTES TO PREPARE
10



MINUTES TO COOK
10



SERVES
2

INGREDIENTS

For the salmon:

2 salmon fillets, skin on
Deep frying pan with boiling water and 1 teaspoon of salt. The frying pan needs to be deep enough to hold enough water to cover the salmon fillets.

For the butterbean puree:

400g tin butter beans, drained
1 clove of garlic, peeled
1 teaspoon rapeseed oil
2 pinches of salt
2 grinds of black pepper

For the caper sauce:

2 large handfuls of flat leaf parsley, chopped
1 large handful of fresh coriander, chopped
2 tablespoons capers, drained, rinsed and chopped
4 tablespoons rapeseed oil or extra virgin olive oil
Juice of 1/2 lemon
Pinch of salt
Freshly ground black pepper

LET'S GET COOKING

- 1 Start by making the butter bean puree. Place the butter beans in a saucepan with the garlic and cover with water. Bring to the boil and simmer for 10 minutes. Drain and leave to the side to cool slightly.
- 2 Meanwhile, prepare the salmon by bringing the water in the frying pan to the boil and then turning it down to a flat simmer. You should just be able to see little bubbles being released from the bottom of the pan. Season the salmon with salt and pepper and carefully drop them in the poaching water, with the flesh side down.
- 3 Cook for 7 minutes with the flesh side down, and then carefully turn them over using a slotted spoon or spatula and cook for a further 3 minutes with the skin down and the flesh side up. Once the salmon is cooked, carefully take it out with a slotted spoon, peel away the skin and discard.
- 4 While the salmon is cooking, place the butter beans, 4 tablespoons of the poaching water, rapeseed oil, 2 pinches of salt and 2 grinds of black pepper in a Nutri-bullet or food processor and blitz. Taste and adjust the seasoning to your liking.
- 5 Finally make the caper sauce by placing the ingredients in a bowl and stirring through with a fork. Taste and adjust the seasoning as necessary.
- 6 Serve the salmon on top of the butter bean puree with oodles of the beautiful caper sauce.

"If you haven't poached salmon before, be brave and give it a go. It's a light, simple way to cook and locks in all the nutrients. Poaching is one of the most healthful ways to cook and I urge you to shelve that fear and give it a go"