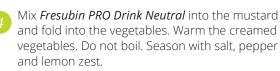
portion 35 min

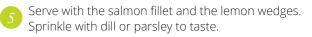
Salmon Fillet on Warm Gherkins with Mustard Seed

Ingredients

- 1 bottle Fresubin PRO Drink Neutral
- 1 small onion
- *150 g* gherkin
- 1 whole lemon
- 1 tablespoon neutral oil (such as rapeseed oil)
- 1 salmon fillet (125g) salt, pepper
- 5 tablespoons vegetable stock or water
- 1/2 tablespoon each medium hot and grainy mustard (or 1 tbsp medium hot mustard) chopped dill or parsley to taste

- Peel and finely dice the onion. Peel the gherkin and cut in half lengthwise. Remove the seeds using a teaspoon. Cut the gherkin into bite-size pieces. Grate *1 tablespoon* of zest from the lemon and keep two lemon wedges for later.
- Heat ½ tablespoon of oil in a non-stick frying pan. Season the fish with salt and pepper and cook for about 3 minutes on each side over medium heat.
- Heat the rest of the oil in a small saucepan.
 Sauté the onions and gherkin for 2 minutes.
 Add the vegetable stock or water and cook, covered, for 4 minutes. Remove the saucepan from the heat.





Nutritional Information Per Portion of Prepared Recipe

Protein		56g
Fat		43g
Carbohydrate		54g
Total 850kcal (3,562kJ)		

