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# Poached **salmon** **filet** with vegetables

## No. of servings:

1

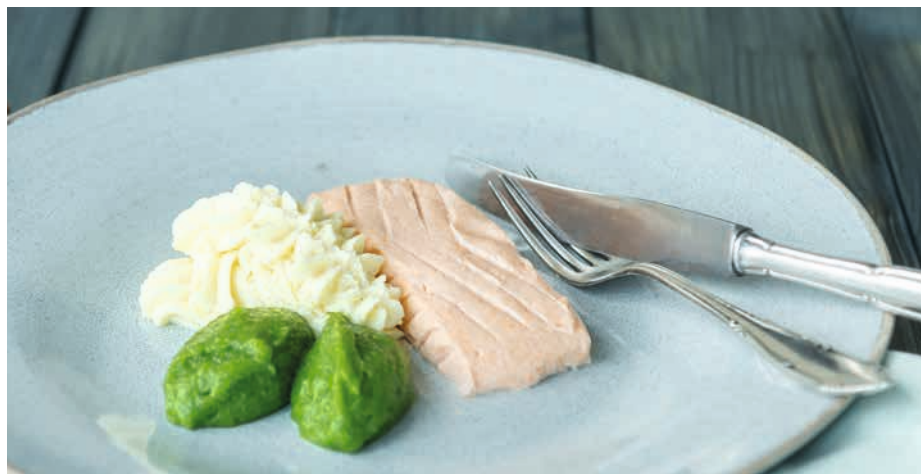
## Ingredients

- 1 onion (110g)
- 1 bay leaf
- 1 clove
- parsley
- Salt and pepper to taste
- 100g salmon medallion
- 100g broccoli
- 100g creamed potatoes
- 3 tbsp. sour cream (40g)
- Thick & Easy Clear



## Tips

*For fresher taste,  
add some thickened  
lemon juice*



## Preparation

- 1** Make a stock, using water, an onion, a bay leaf, a clove, parsley, salt and pepper.
- 2** Place the salmon medallion (skinned & boneless) in the boiling stock. The medallion must be covered with stock. Leave to simmer for about 10 to 15 minutes.
- 3** Puree 100g of cooked salmon filet with 100ml of the stock with a puree mixer. Thicken with Thick & Easy Clear to achieve a smooth consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
- 4** If you have a mould to shape a salmon filet, spread mixture into the mould. Tips on moulding are shown in the section 'Moulding food'.
- 5** For sauce, strain some stock & add sour cream. Thicken 100ml with Thick & Easy Clear.
- 6** Cook the broccoli in salted water. Take 100g of broccoli and 20 ml of the water it was cooked in and puree. Thicken with Thick & Easy Clear. If you have a mould for broccoli, spread the mixture into the mould. Prepare the creamed potatoes and thicken with Thick & Easy Clear according to instruction.
- 7** To serve, use a pasta or potato press to arrange the creamed potatoes on the plate.

## Nutritional information per serving\*

Energy kcal	423
Protein g	29
Fat g	19
Carbohydrate g	27
Fibre g	9