Dinner

Barbecued Salmon with Fresh Herb Salsa Verde

Tender barbecued salmon fillets are finished with a bright blended herb sauce and served alongside garlicky green beans scattered with toasted almonds.



Dairy free

30 min	489	6 g	5.1 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 6 salmon fillets (approx.. 120g each)
- [ ] Olive oil
- [ ] Salt and pepper
- [ ] Salsa Verde
- [ ] ¾ cup parsley
- [ ] ¾ cup basil
- [ ] 1.5 tablespoon capers
- [ ] 2 garlic cloves
- [ ] Zest + juice of 1 lemon
- [ ] 1/3 cup olive oil
- [ ] Beans
- [ ] 800 g green beans
- [ ] 1 teaspoon olive oil
- [ ] 1 small garlic clove, thinly sliced
- [ ] ½ cup flaked almonds, toasted (optional)

Nutrition Facts

Per serving

Calories	489
Total fat	35.8 g
Saturated fat	6.8 g
Sodium	124 mg
Total carbs	6 g
Fiber	7 g
Total sugars	5.1 g
Protein	33 g

Method

- [ ] 1 Add the parsley, basil, capers, garlic cloves, the zest and juice of 1 lemon and 1/3 cup of olive oil to a tall jug, then blitz with a hand blender until smooth. Cover and set the salsa verde aside.
- [ ] 2 Top and tail the green beans, then steam them for about 7 minutes until just tender. Drain well and set aside.
- [ ] 3 Heat olive oil in a frypan, add the thinly sliced small garlic clove and cook until fragrant. Toss the green beans through and cook for 1 minute until well coated. Tip the beans onto a platter and scatter over the toasted flaked almonds if using.
- [ ] 4 Rub the salmon fillets all over with olive oil, salt and pepper. Barbecue for 4-5 minutes each side, depending on the thickness of the fillets.
- [ ] 5 Arrange the cooked salmon on a platter, spoon the salsa verde over each fillet and serve with the green beans.

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