Dinner

Salmon blinis with watercress sauce

Flaked poached salmon is piled onto warm blinis with a vibrant watercress sauce and a squeeze of lemon. A quick bite-sized starter or party nibble, finished with fresh dill.



Low sugar

15 min	63	3 g	0.4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 2 salmon steaks (125g each)
- [ ] 100 g watercress
- [ ] 1 tbsp low-fat yogurt
- [ ] juice and zest 1 lemon
- [ ] 1 pack 16 blinis (approx 160g)
- [ ] 1 tbsp 50% less fat cream cheese
- [ ] watercress or salad leaves, plus sprigs of fresh dill and lemon wedges, to garnish

Method

- [ ] **1** Place a small pan on the hob, drop in the salmon steaks and pour in enough boiling water to just cover them. Let everything bubble away gently for 5 minutes with the lid on.
- [ ] **2** Switch off the heat and give the pan a 3 minute standing time, by which point the fish should be cooked all the way through. Drain the water away and leave the salmon steaks to cool down.
- [ ] **3** When the fish is cool enough to handle, peel off the skin and trim away any brown fat from it.
- [ ] **4** To make the sauce, give the watercress a rough chop, then blitz it together with the low-fat yogurt, the lemon zest and half of the lemon juice.
- [ ] **5** Heat a dry frying pan and toast the blinis in it for 1 to 2 minutes per side.
- [ ] **6** Build each blini with a thin layer of 50% less fat cream cheese, pile flakes of the salmon on top, spoon over the rest of the lemon juice and finish with dollops of the watercress sauce.
- [ ] **7** Bring it all to the table with extra watercress or salad leaves, a few sprigs of fresh dill and some lemon wedges alongside.

Nutrition Facts

Per serving

Calories	**63**
Total fat	3.8 g
Saturated fat	0.7 g
Sodium	Not listed
Total carbs	3 g
Fiber	0.5 g
Total sugars	0.4 g
Protein	4.1 g

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