

Salmon with three-herb sauce ravigote

★★★★★ 5 ratings

Prep	Cook	Serves
30m	1h	8



Ingredients (14)

1/2 cup fresh continental parsley leaves, firmly packed, finely chopped

1/2 cup fresh dill sprigs, finely chopped

1/4 cup fresh chives, finely chopped

30g baby cornichons, finely chopped

1 French shallot, peeled, finely chopped

1 lemon, rind finely grated, juiced

2 tbsp baby capers, drained

2 tbsp white balsamic vinegar

Method

Step 1

Preheat the oven to 80C/60C fan forced. Position oven rack in centre of oven. Place a 1m piece of baking paper on a large baking tray, allowing the sides to overhang.

Step 2

Place the parsley, dill, chives, cornichon, shallot, lemon rind, 2 tbs lemon juice, capers, vinegar, mustard, sugar and 165ml of the oil in a bowl. Season and stir well to combine.

Step 3

Place salmon on the tray in the centre of the baking paper. Drizzle with remaining oil and 1 tbs lemon juice. Season. Fold over the long and short sides of baking paper to enclose. Tie with string at

2 tsp Dijon mustard

Pinch caster sugar

185ml (3/4 cup) Cobram
Estate Extra Virgin Olive
Oil Light Flavour

1.4kg side of salmon
(skin on)

Baby herbs, to serve

Lemon zest, to serve

10cm intervals to secure. Bake for 50-60 minutes for medium or until cooked to your liking. Transfer to a platter. Spoon over two-thirds of the sauce ravigote. Sprinkle with the herbs and zest. Serve with the remaining sauce on the side

Nutritional information

NUTRITION PER SERVING

%Daily Value#

Energy	19765 kj (4724cal)	227%	Zinc	1mg	8%
Protein	334.9g	670%	Phosphorus	63.4mg	6%
Total Fat	369.2g	527%	Vitamin A	1300µg	173%
Saturated	51.6g	215%	Vitamin C	85.6mg	214%
Cholesterol	0g	-	Thiamin B1	0mg	0%
Carbohydrate Total	24.6g	8%	Riboflavin B2	0mg	0%
Sugars	14.9g	17%	Niacin B3	1mg	10%
Dietary Fiber	5.6g	19%	Vitamin B6	0mg	0%
Sodium	1.4g	61%	Folic Acid B9	106.3	53%
Calcium	110.5mg	14%	Vitamin B12	0µg	0%
Magnesium	46.2mg	14%	Vitamin D	0µg	0%
Potassium	444.9mg	-	Vitamin E	24.7mg	247%
Iron	4.5mg	38%	Vitamin K	674.3µg	843%

Nutrition information and Health Score does not include ingredients listed as to serve or any serving suggestions.

Nutrition information is calculated using an ingredient database and should be considered an estimate.

The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.

* Health Scores are calculated on a 1-10 scale based on nutrient density and USDA (global standard) recommendations for a healthy diet. A higher Health Score indicates a healthier recipe. The value is based on the impact of macronutrients and micronutrients in the recipe.