SPANISH · DINNER

Spanish Salmon with Peas and White Wine

Salmón con guisantes

25 min · Serves 4 · 357 kcal a serve · Video 7:00 · Spain on a Fork

Gluten-free ingredients · No dairy listed · No nuts listed

23 g protein and 9 g net carbs a serve: salmon simmered with onion, garlic, white wine, a little broth and peas, at about 520 mg sodium. No flour, butter or cream. Very rich in omega-3 fats and vitamin B12.

Diet notes: Low saturated fat (3.7 g, 9% of the energy); DASH-friendly (520 mg sodium a serve).

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Ingredients 10 · SERVES 4

- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 4 **salmon fillets**, 115 g each
- [ ] 1 medium **yellow onion**, thinly sliced
- [ ] 6 **garlic** cloves, thinly sliced
- [ ] 120 ml **dry white wine**
- [ ] 1 **bay leaf**
- [ ] 120 ml **chicken broth**
- [ ] 140 g **frozen peas**
- [ ] **sea salt** to taste and black pepper
- [ ] chopped **parsley**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 3 tbsp olive oil in a large frying pan over medium heat. Pat the salmon dry and season both sides with salt and pepper. 1:31
2. Sear the fillets 1 minute a side, just to colour them, and lift them out. 2:23
3. In the same pan cook the onion and garlic 6–8 minutes, stirring every minute or so, until the onion is translucent. 2:59
4. Add the white wine, bay leaf and a little salt and pepper and simmer 3 minutes to cook off the alcohol. 3:28
5. Pour in the chicken broth and turn the heat to high. 4:01
6. When it boils, stir in the peas straight from frozen and return the salmon, turning each piece in the sauce. 4:21
7. Cover, lower to medium-low and simmer 2–4 minutes, until the salmon is cooked through and the peas are tender. Serve with parsley. 4:52

> **Tip** Add the peas frozen; they keep their colour and sweetness and only need a few minutes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
357 kcal	23 g	12 g	2.7 g	22 g	520 mg
1,490 kJ	46% of a day	8.8 g net · 4 g sugars	10% of a day	3.7 g saturated	23% of a day
		4% of a day		28% of a day	

Energy from net carbs 11% · protein 28% · fat 61% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 138% · Vitamin B12 107% · Selenium 72% · Vitamin D 51% · Vitamin B6 44% · Vitamin E 32% · Vitamin K 27%

Source of (10–19%) Vitamin C 16% · Folate 15% · Potassium 12% · Magnesium 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=aOdPtrvUveM. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salmon-con-guisantes