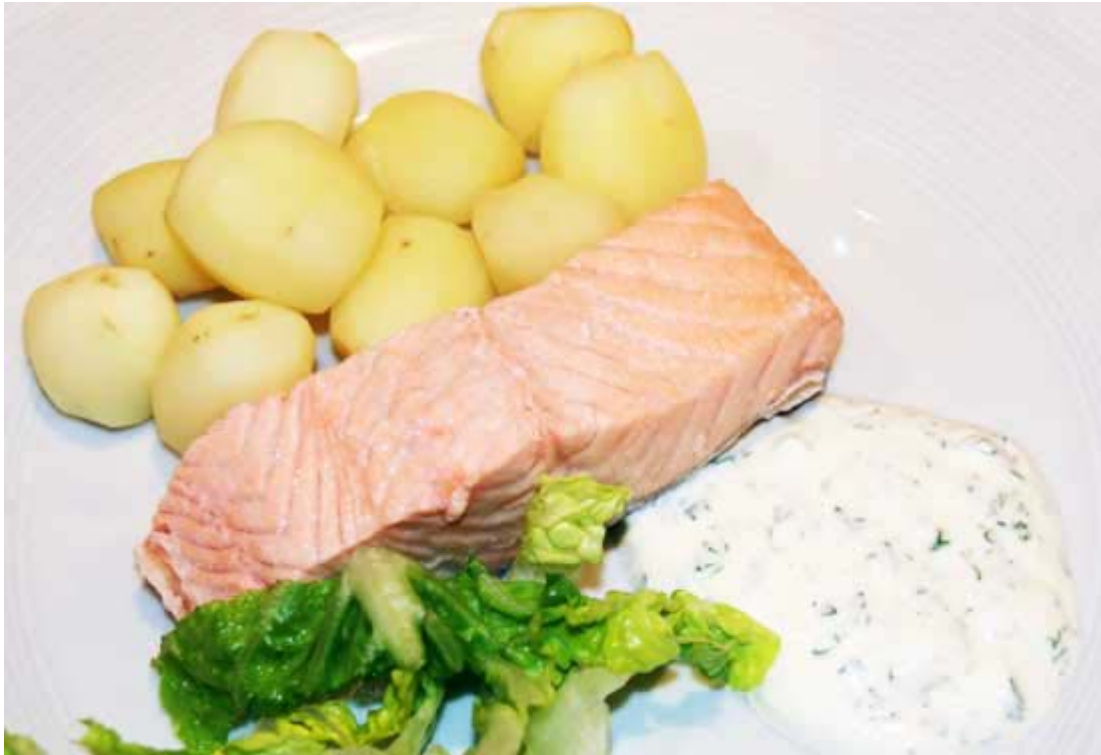


Simple Poached Salmon Fillets



Serves 4 Prep 15 mins

Cooking 18 mins

Easy

Ingredients

30g salad leaves, chopped, + extra to serve
2 tbsp reduced-fat mayonnaise
3 tbsp natural yoghurt
1 small handful parsley
1 fresh or dried bay leaf
75ml white wine vinegar
5 whole black peppercorns
1/2tsp salt
4 large (120-150g) salmon fillets, skin on
boiled new potatoes, to serve

1. Start by folding the chopped parsley tops into the mayonnaise and yoghurt with a little salt and pepper. Cover and chill until needed.
2. Put the parsley stalks, bay leaf, vinegar, peppercorns and salt in a large, shallow-sided saucepan with 1litre water. Bring slowly to the boil, uncovered, then reduce the heat and simmer for 10 minutes to bring out the aromatics.
3. Reduce the heat a little more, until the liquid is barely simmering. Gently add the salmon fillets and cook for 5-6 minutes depending on thickness, until the fish is completely opaque. Do not allow the liquid to do any more than occasionally bubble during the cooking time or the fish will toughen. Using a slotted spoon - and avoiding the other ingredients in the broth - remove the fish fillets to a plate lined with paper towel. The flesh should just flake when pressed.
4. Serve the poached salmon with the mayonnaise, salad and boiled new potatoes.