



Salmon Fillet on Warm Gherkins with Mustard Seed

Ingredients

- 1 bottle *Fresubin PRO Drink Neutral*
- 1 small onion
- 150 g gherkin
- 1 whole lemon
- 1 *tablespoon* neutral oil (such as rapeseed oil)
- 1 *salmon* fillet (125g) salt, pepper
- 5 *tablespoons* vegetable stock or water
- ½ *tablespoon each* medium hot and grainy mustard (or 1 *tablespoon* medium hot mustard) chopped dill or parsley to taste

- 1 Peel and finely dice the onion. Peel the gherkin and cut in half lengthwise. Remove the seeds using a teaspoon. Cut the gherkin into bite-size pieces. Grate 1 *tablespoon* of zest from the lemon and keep two lemon wedges for later.
- 2 Heat ½ *tablespoon* of oil in a non-stick frying pan. Season the fish with salt and pepper and cook for about 3 *minutes* on each side over medium heat.
- 3 Heat the rest of the oil in a small saucepan. Sauté the onions and gherkin for 2 *minutes*. Add the vegetable stock or water and cook, covered, for 4 *minutes*. Remove the saucepan from the heat.
- 4 Mix *Fresubin PRO Drink Neutral* into the mustard and fold into the vegetables. Warm the creamed vegetables. Do not boil. Season with salt, pepper and lemon zest.
- 5 Serve with the salmon fillet and the lemon wedges. Sprinkle with dill or parsley to taste.

Nutritional Information Per Portion of Prepared Recipe

Protein	56g
Fat	43g
Carbohydrate	54g
Total	850kcal (3,562kJ)

Fresubin PRO Drink Neutral



1
portion 

35
min 