

Atlantic salmon on a bed of kale

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Looking for quick and easy dinner ideas? Try Atlantic salmon on a bed of kale.

(serves 4)

- 1 tbsp extra-virgin olive oil
- 1 large shallot, thinly sliced
- 1 cup reduced-salt chicken stock
- ¼ cup water
- 680g kale, tough stems removed, coarsely chopped (14-16 cups)
- 500g skinned Atlantic [salmon](#) fillet, cut into 4 portions
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- ¼ cup reduced-fat sour cream

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- 2 tsp horseradish
- 1 tbs chopped fresh dill or 1 tsp dried
- 4 lemon wedges for garnish

Method

Heat oil in a large pan over medium heat. Cook shallot, stirring, until beginning to soften, about two minutes. Add stock, water and half the kale; cook, stirring, until slightly wilted, about one minute. Add the remaining kale and cook until tender, about eight minutes.

Sprinkle fish with salt and pepper and place on the [kale](#). Cover and cook until the fish is just cooked through, five to seven minutes.

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