

Salmon with creamy chive mash

Search:

- [Dinner](#)
- [Seafood](#)
- [Recipes](#)

Salmon with creamy chive mash

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Salmon with creamy chive mash



Rate this recipe

1 person is cooking this [Count me in](#)

Packed full of omega-3 fatty acids, salmon is a great mid-week meal.

Ingredients (serves 2)

Mash

- 4 potatoes, peeled and diced
- 125ml skim milk
- 6 peppercorns
- 1 clove garlic
- 1 bay leaf
- 2 tbs chives, finely chopped

Salmon and salsa

- 2 salmon fillets (100g each)
- 1 tsp lemon pepper seasoning
- 1 tomato, finely diced
- ½ red onion, finely diced
- Juice of 1 lemon
- 2 tbs coriander, finely chopped

Salmon with creamy chive mash

- 1 red chilli, deseeded and finely diced
- tsp olive oil

Method

Place the potatoes in a saucepan of boiling water on medium heat for 10 minutes or until cooked. In a separate saucepan, warm the milk, peppercorns, garlic and bay leaf over a low heat and simmer for five minutes.

Drain the potatoes and mash with a masher or ricer. Strain the milk mixture into a cup. Pour half the milk mixture over the mash and slowly add the remainder as required for a smooth and creamy mash. Add the chives and stir through the mash. Place a small portion of mash on a plate.

Sprinkle the lemon pepper seasoning over each side of the salmon fillet. Heat a non-stick frypan to a medium heat. Spray the pan lightly with oil. Place the salmon skin-side down and cook for one minute. Turn over and cook for an additional 3-4 minutes.

Place the salmon on top of the mash. Place the tomato, red onion, lemon juice, coriander and chilli into a bowl and mix thoroughly. Place a small amount of salsa on top of the fish.

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { c_obj.fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```