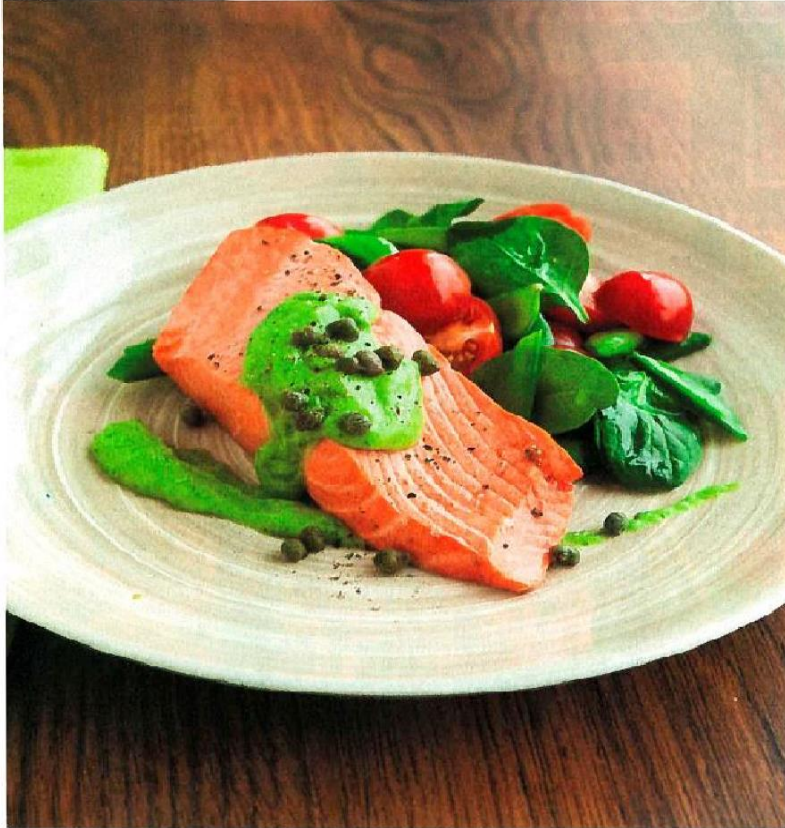


food



## Poached Wild Salmon with Avocado Chive Cream and Sugar Snaps

Nothing tastes better than gently poached wild salmon full of omega-3 fatty acids—essential to good health. A generous dollop of Avocado Cream gives this dish a host of vital antioxidants necessary for regaining strength and good health. Couple with a nutrient-rich spinach and tomato salad and you have a light dinner that is soothing on the palate and gentle on a recovering appetite.

**4 - 4 oz (125 g) boneless, skinless wild salmon fillet portions**

**Sea salt and freshly ground black pepper**

**3 Tbsp (45 mL) minced chives, divided**

**2 cups (500 mL) sugar snap peas, trimmed**

**4 cups (1 L) baby spinach leaves, washed and spun dry**

**1 cup (250 mL) halved cherry tomatoes**

**4 cups (1 L) vegetable broth**

**2 Tbsp (30 mL) extra-virgin olive oil**

**1 Tbsp (15 mL) freshly squeezed lime juice**

**1 Tbsp (15 mL) rinsed and drained capers**

### *Avocado Chive Cream*

**1 ripe Haas avocado, pitted and peeled**

**1/4 cup (60 mL) cilantro leaves**

**1 Tbsp (15 mL) minced chives**

**1 to 2 Tbsp (15 to 30 mL) fresh squeezed lime juice**

**1 Tbsp (15 mL) extra-virgin olive oil**

Season fish lightly with a little salt and pepper. Sprinkle with 1 Tbsp (15 mL) chives and set aside at room temperature while preparing Avocado Chive Cream.

Place all Avocado Chive Cream ingredients in blender or food processor. Whirl until smooth. Add a little more lime juice or salt if you wish. Cut a piece of parchment paper to fit and press into surface of Avocado Chive Cream. Refrigerate until ready to use.

Blanch sugar snap peas in boiling water for a minute or two. Then drain and plunge into cold water to stop the cooking. Drain and pat dry. Cut into halves and place in large bowl along with spinach and tomatoes. Set aside.

Heat vegetable broth in large, straight-sided sauté pan large enough to hold salmon fillets in a single layer. Gently place salmon in simmering broth and gently poach over medium heat for 5 to 7 minutes or until cooked medium rare.

To serve, spoon 2 Tbsp (30 mL) Avocado Chive Cream onto centre of each of 4 serving plates. Place drained salmon fillet on top.

Drizzle olive oil and lime juice over sugar snap peas, spinach, and tomatoes. Gently toss to coat evenly and place generous serving alongside salmon fillet. Place a smaller dollop of Avocado Cream on salmon fillet and scatter with a few capers. Sprinkle with generous grating of fresh black pepper.

Serves 4.

Each serving contains: 450 calories; 34 g protein; 29 g total fat (5 g sat. fat, 0 g trans fat); 16 g total carbohydrates (5 g sugars, 6 g fibre); 230 mg sodium >>