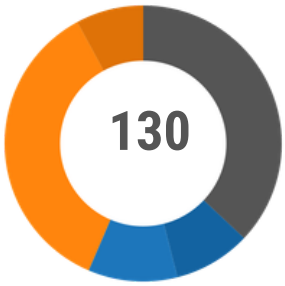
Portico salmon with asparagus & rainbow grain salad

Pan fried salmon fillet with asparagus spears, sweet drop peppers, served with a rainbow grain salad

Overview ...





CALORIES:
19.4% Carbs
37% Protein
43.6% Fat

Food Labelling...

Serves **1**

CONTAINS:

WHEAT FISH SOYA SULPHITES

MAY CONTAIN:

TREE NUTS PEANUTS MILK CELERY MUSTARD SESAME

Recipe Ingredients ...	Quantity:	Description:
35018 Portico Classic Salmon Fillet Suprêmes	**155g**	**1 x Each**
136344 Scratch Meals Rainbow Salad	**75g**	
88386 Glaze with Balsamic Vinegar of Modena	**3g**	
74818 Pea Shoots	**5g**	
116370 Asparagus	**30g**	
120190 Sweet Red-Drop Peppers	**20g**	

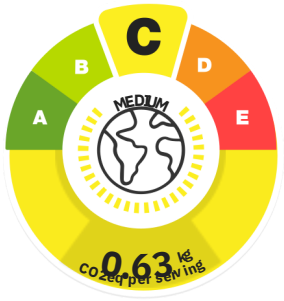
Products / Pack Sizes ...

1 Serving

Product code
Barcode
288g / **379kcal**
1

Sustainability & Foodprint...

Component			Grade	Contribution
Food Production				**0.63kg**
	155g	35018 Portico Classic Salmon Fillet Suprêmes	B	0.54k
	75.0	136344 Scratch Meals Rainbow Salad	A	g
	g	88386 Glaze with Balsamic Vinegar of Modena	B	0.05k
	3.00	74818 Pea Shoots (19 Oct 2023)	A	g
	g	116370 Asparagus (19 Oct 2023)	A	0.00k
	5.00	120190 Sweet Red-Drop Peppers	A	g
	g			0.00k
Water Usage				**552l**
	30.0			g
	155g	35018 Portico Classic Salmon Fillet Suprêmes	5	0.02l 340l
	20.0 **75.0**	136344 Scratch Meals Rainbow Salad	X	g -
	g	88386 Glaze with Balsamic Vinegar of Modena	X	0.01k
	3.00	74818 Pea Shoots (19 Oct 2023)	X	g -
	g	116370 Asparagus (19 Oct 2023)		64.5l
	5.00	120190 Sweet Red-Drop Peppers		147l
	g			
Your Transport & Packaging:				
	30.0			
	g **1 Serving** *288g* (serves 1)			
	20.0			



foodprint



66% Data Quality Score

Cooking Instructions & Notes

Preparation:

Defrost salmon fillet
Trim asparagus stalk

Method:

1. Bring a pan of water to the boil, add the asparagus and cook for approx. 2 mins, remove and place in iced water.
2. Place a shallow pan on a moderately high heat, add the a little oil.
3. Place the salmon fillet skin side down in the hot oil & cook for approx. 2 mins.
4. Turn over and cook for another 3 mins - remove.
5. Put the rainbow salad into a bowl along with the asparagus & heat in a microwave on high power for approx. 1.5 mins.
6. Add the rainbow salad to the centre of your chosen dish, place the salmon fillet on top.
7. Now add the asparagus & sweet peppers, drizzle the balsamic glaze & finish with the pea shoots.
8. Serve as shown.