

Poached Salmon with Lemon Sauce

Fish can be cooked really easily and quickly in a microwave. Using store cupboard ingredients you can create a lovely sauce to pour over the fish in no time at all. Serve with some boiled potatoes and green vegetables.



Fish, milk and wheat (gluten)*

Nutritional information per portion (179g):

Energy	Fat	Saturates	Sugars	Salt
1159kJ 276kcal 14%	17g 24%	3.6g 18%	3g 3%	0.28g 5%

of an adult's reference intake.
Typical values per 100g: energy 648kJ/154kcal.

Equipment

Weighing scales
1 litre microwave-safe measuring jug
Small bowl x 2
Lemon juicer or fork and small bowl
Chopping board
Sharp knife
20cm round microwave-safe dish
Clingfilm
Oven gloves
Whisk
Metal spoon
Fish slice

Ingredients

Serves 4
250ml semi-skimmed milk
25g unsaturated fat spread (suitable for cooking)
25g plain flour
1 small lemon (juice only)
4 salmon fillets
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Whisking the sauce every minute will ensure it is lump-free.

Poached Salmon with Lemon Sauce

Method

1. Measure the milk into the microwave-safe jug.
2. Weigh the spread into a small bowl.
3. Weigh the flour into another small bowl.
4. Squeeze the juice from the lemon.
5. Place the salmon fillets in the microwave-safe dish, pour over the milk and wash your hands.
6. Cover the dish with clingfilm, ensuring it does not touch the food and leave a small area open.
7. Cook in the microwave on full power for 3 minutes then remove and check the fish. All timings in this recipe are based on using an 800W microwave. Turn the fish so the cooked parts are in the centre of the dish. Cook on full power for another 1 minute until pale pink and cooked. Leave to stand.
8. To make the sauce, put the spread into the microwave-safe jug and place in the microwave. Cook on full power for 30 seconds.
9. Remove the jug from the microwave, tip in the flour and whisk until it is blended thoroughly.
10. Carefully pull back the clingfilm from the dish containing the fish and remove 2 x 15ml spoons of the milk. Add it to the flour and spread and whisk to form a smooth paste with no lumps.
11. Continue to add the milk a few spoonfuls at a time and whisk until all the milk has been added. Keep covering the salmon with the clingfilm to keep it warm.
12. Place the jug into the microwave and cook on full power for 3–4 minutes, removing the jug to whisk the sauce thoroughly at 1 minute intervals. This will ensure there are no lumps.
13. After 3–4 minutes, the sauce should boil, but be careful it does not spill over the sides of the jug.
14. Once boiled, carefully remove the jug from the microwave and whisk the sauce thoroughly. Add the lemon juice and a grind of black pepper (if using) and whisk.
15. Either pour the sauce over the fish or, using the fish slice, remove the fish to individual plates and spoon over the sauce.

Something to try next time

Why not try these variations on the lemon sauce? Add the additional ingredients when whisking in the lemon juice at step 14.

- Parsley, dill or chives: add 2 x 15ml spoons of chopped fresh herbs or 2 x 5ml spoons of dried herbs.
- Cheese and chive: add 25-50g of grated mature reduced-fat Cheddar and a few chopped chives or 1 x 15ml spoon of dried chives. Add 1 x 5ml spoon of any mustard that you have in the fridge or cupboard as well.

Prepare now, eat later

- The fish and sauce are best served immediately but any sauce left over can be kept in the fridge for up to 24 hours and reheated in the microwave until boiling. It may need some extra milk added, as it will thicken as it cools.

Skills used include:

Weighing, measuring, whisking, squeezing and microwaving.