

Marinated Beets, Potatoes, Poached Salmon, Spicy Greens & Horseradish Yoghurt



Ingredients

SERVES 1

- 1 Salmon Fillet
- 100g Baby Potatoes
- 160g Fresh Beetroot
- Star Anise 2g
- Cinnamon Stick
- 1 tbsp Maple Syrup
- 1 tsp Apple Cider Vinegar
- 160g Mixed Leaves
- Scallions Bunch 22g
- Small Bunch of Dill

For the Horseradish Yoghurt:

- 90g Low Fat Yoghurt
- 1 tbsp Horseradish Sauce
- 2 tbsp Rapeseed Oil
- 1 tsp Maple Syrup
- 1 tsp Apple Cider Vinegar
- Pinch of Sea Salt

Method

1. Preheat an oven to 180°C.
2. Place a sheet of tin foil out onto a roasting tray. Place the beetroot, potatoes, star anise, cinnamon, 1 tbsp of maple syrup, 1 tsp of cider vinegar and a pinch of salt and pepper. Mix everything together and wrap up the tin foil so that everything is covered.
3. Place into the oven and cook for 20-30 minutes or until nice and soft.
4. In a bowl mix the yoghurt, 1 tsp maple syrup, 1 tsp cider vinegar, 1 tbsp horseradish and 2 tbsp rapeseed oil. Mix everything together and season with salt and pepper. Blast chill and set aside until needed.
5. Remove the beetroot and potatoes from the oven and allow to cool down. Now pop them into a mixing bowl. Steam the salmon at 100°C until it reaches 76°C. Remove and blast chill and add to the bowl with the potatoes and beetroot.
6. Add your choice of mixed leaves followed by a few sprigs of dill. Add a pinch of salt and toss the entire bowl to evenly mix everything and gently break up the salmon. Pour out onto a sharing platter evenly spreading out each ingredient. Garnish with some more dill sprigs, a drizzle of dressing and some freshly cracked black pepper. Enjoy!