



COOK WITH US!

Wild salmon steak flavored with dill with edamame soybeans and mashed potatoes

INGREDIENTS

800 g wild salmon

240 g Orogel Edamame Soybeans

240 g Orogel Potato Puree in Drops

80 g milk

20 g shallot

extra virgin olive oil

salt and white pepper



60



4



Medium



Main Courses

Method

1

Cut the salmon into 8 small steaks, arrange them in a tray lined with baking paper, add a drizzle of oil, some dill and season with salt and pepper.

2

Prepare the potato puree in a saucepan over medium heat adding milk until it becomes creamy.

3

Toss the edamame soybeans with shallot and a drizzle of oil in a pan adding salt and pepper to taste.

4

Bake the salmon steaks at 140°C for 9/10 minutes.

5

When cooked place the sautéed edamame soybeans with shallot on the serving dish, pipe the potato puree on it (using a pastry bag with a large star tip) and finally add the dill flavored salmon steaks.

