SPANISH · DINNER · LUNCH

Spanish Salmon and Spinach with Saffron Alioli

Salmón con espinacas

30 min · Serves 4 · 482 kcal a serve · Video 8:13 · Spain on a Fork

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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26 g protein and 6 g net carbs a serve from salmon on a big helping of spinach and tomato, with no flour or sugar. Rich in omega-3, vitamin K and vitamin A.

Diet notes: Keto (6.3 g net carbs a serve); Paleo with a swap: avocado-oil mayonnaise instead of the low-fat mayonnaise.

Ingredients 13 · SERVES 4

- [ ] 4 **salmon fillets**, 125 g each
- [ ] 3 tbsp extra **virgin olive oil** (a little to rub on the salmon, 2 tbsp for the pan)
- [ ] 1 small **onion**, finely diced
- [ ] 6 **garlic** cloves (4 roughly chopped for the pan, 2 for the alioli)
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **ground cumin**
- [ ] 2 **tomatoes**, finely grated (or 250 g passata)
- [ ] 300 g **fresh spinach**, roughly chopped
- [ ] a pinch of **sea salt** for the salmon, the spinach and the alioli, plus black pepper
- [ ] ¼ tsp **saffron threads**
- [ ] 120 g **low-fat mayonnaise**
- [ ] 1 tsp **lemon juice**
- [ ] 1 tbsp extra **virgin olive oil**, for the alioli

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a large non-stick pan over medium heat. Pat the salmon dry, rub with a little olive oil and season one side. Sear 1 minute a side, just to colour it, then set aside. 0:42
2. Add 2 tbsp olive oil to the same pan and sauté the onion and 4 chopped garlic cloves, stirring, for 3–4 minutes until the onion is translucent. Stir in the paprika and cumin. 2:02
3. Add the grated tomatoes and simmer about 4 minutes without stirring, until slightly thick. 3:07
4. Add the spinach in batches until it wilts, season lightly, then nestle the salmon back in, cover and simmer 2–4 minutes until just cooked through. 3:32
5. For the alioli, pound 2 garlic cloves with the saffron and a pinch of salt to a paste, then stir in the mayonnaise, lemon juice, 1 tbsp olive oil and some pepper. Serve it with the salmon. 4:50

> **Tip** For paleo, make the alioli with avocado-oil mayonnaise. Albert serves it with crunchy bread and a glass of Rioja (not in the numbers).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
482 kcal 2,020 kJ	26 g 51% of a day	9.5 g 6.3 g net · 3.1 g sugars 3% of a day

FIBRE	FAT	SODIUM
3.2 g 11% of a day	39 g 6.1 g saturated 49% of a day	510 mg 22% of a day

Energy from net carbs 5% · protein 22% · fat 73% — fits keto: 6.3 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Vitamin K 327% · Omega-3 163% · Vitamin B12 118% · Selenium 79% · Vitamin D 55% · Vitamin E 55% · Vitamin B6 53% · Vitamin A 50% · Folate 47% · Vitamin C 41% · Magnesium 24% · Potassium 22%

Source of (10–19%) Iron 17% · Zinc 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=y5nerar5WhU. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salmon-con-espinacas-alioli-azafran