SPANISH · DINNER

Salmon in Spanish Saffron Tomato Sauce

Salmón en salsa de tomate

30 min · Serves 4 · 304 kcal a serve · Video 5:48 · Spain on a Fork

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

23 g protein and 10 g net carbs a serve: salmon poached in a smoked paprika and saffron tomato sauce with onion and garlic. No sugar, flour or dairy; for DASH, keep the added salt to ⅛ tsp a serve.

Diet notes: Low saturated fat (3.2 g, 9% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

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Ingredients 12 · SERVES 4

- [ ] 2 tbsp (2 tbsp) extra **virgin olive oil**
- [ ] 1 medium **onion**, finely chopped
- [ ] 6 **garlic** cloves, roughly chopped
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] 1 (15 oz) can **tomato sauce** (passata)
- [ ] ¼ cup **vegetable broth**
- [ ] ¼ tsp **saffron threads**
- [ ] 1 **bay leaf**
- [ ] 2 **skinless salmon fillets**, 8 oz each
- [ ] 2 tsp (2 tsp) **lemon juice**
- [ ] **sea salt** to taste and black pepper
- [ ] chopped **parsley**, to garnish

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

Allergens found in the listed ingredients: Fish. 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 2 tbsp olive oil in a large frying pan over medium heat. Add the chopped onion and garlic and sauté about 5 minutes, stirring, until the onion is translucent. 0:52
2. Stir in the paprika quickly so it doesn't scorch, then add the passata, broth, saffron, bay leaf, salt and pepper. Simmer about 5 minutes, until slightly thickened. 1:36
3. Meanwhile pat the salmon dry, season one side with salt and pepper and cut each fillet into two. 2:45
4. Lay the salmon in the sauce in one layer, turn each piece to coat, cover and simmer over medium-low 5–10 minutes, until just cooked through. 3:21
5. Finish with a squeeze of lemon juice and chopped parsley. 3:52

> **Tip** If your passata tastes sharp, a pinch of ground cinnamon softens it without adding sugar.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
304 kcal	22 g	13 g	3 g	18 g	620 mg
1,270 kJ	45% of a day	10 g net · 6.1 g sugars	11% of a day	3.2 g saturated	27% of a day
		5% of a day		24% of a day	

Energy from net carbs 14% · protein 30% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 133% · Vitamin B12 105% · Selenium 71% · Vitamin D 50% · Vitamin B6 45% · Vitamin E 37% · Vitamin C 22% · Vitamin K 20%

Source of (10–19%) Potassium 16% · Iron 12% · Magnesium 12% · Folate 12% · Vitamin A 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=5zywS0TGAO4. 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-en-salsa-de-tomate