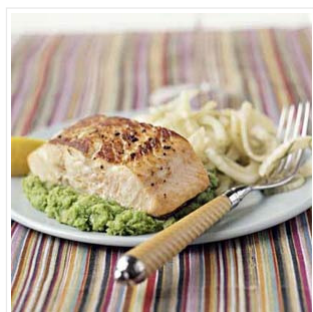




Seared Salmon on Herbed Mashed Peas

Give mashed potatoes a break by serving salmon on a bed of brightly seasoned pureed peas. You may need to thin the pea mixture; add one tablespoon of water at a time until you achieve the desired consistency.



YIELD: 4 servings (serving size: 1 salmon fillet and about 1/2 cup mashed peas)

COURSE: Main Dishes

Ingredients

- 1 teaspoon butter
- 1 cup thinly sliced leek
- 1/4 cup water
- 1 (10-ounce) package frozen green peas, thawed
- 1 tablespoon chopped fresh basil
- 2 tablespoons fresh lemon juice
- 2 teaspoons chopped fresh tarragon
- 1/2 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 4 (6-ounce) salmon fillets
- Cooking spray
- Lemon wedges (optional)

Preparation

Heat butter in a medium nonstick skillet over medium heat. Add leek; cook 5 minutes or until tender, stirring occasionally. Add water and peas; cook 5 minutes or until peas are tender.

Place pea mixture in a food processor. Add basil, juice, and tarragon; process until smooth, adding more water if necessary. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper; keep warm.

Sprinkle salmon with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon, skin side down, and cook for 6 minutes or until golden. Turn, and cook for 8 minutes or until fish flakes easily with a fork or until desired degree of doneness. Serve salmon over warm

mashed peas. Garnish with lemon wedges, if desired.

Nutritional Information	
Amount per serving	
Calories:	393
Calories from fat:	46%
Fat:	19.9g
Saturated fat:	4.4g
Monounsaturated fat:	7g
Polyunsaturated fat:	6.9g
Protein:	38g
Carbohydrate:	13.8g
Fiber:	3.5g
Cholesterol:	103mg
Iron:	2.2mg
Sodium:	482mg
Calcium:	54mg

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