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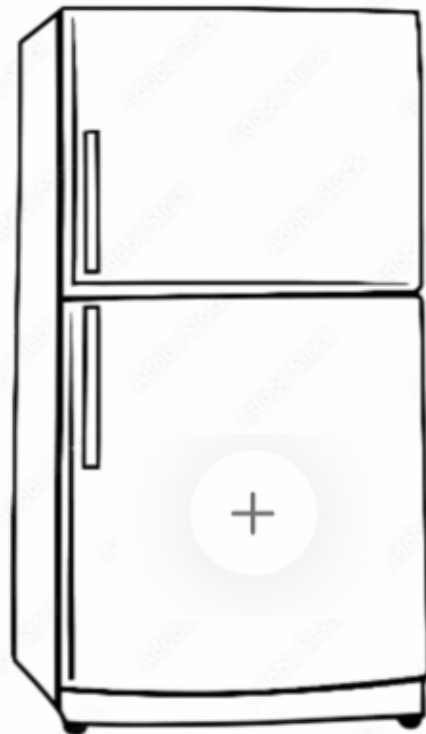
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Salmon Confit with Lemongrass Sauce

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Salmon Confit with Lemongrass Sauce is a main course that serves 2. One serving contains 865 calories, 46g of protein, and 68g of fat. For \$8.86 per serving, this recipe covers 55% of your daily requirements of vitamins and minerals. This recipe from Foodista has 4 fans. A mixture of lemons, extra virgin olive oil, liquid chicken stock, and a handful of other ingredients are all it takes to make this recipe so flavorful. From preparation to the plate, this recipe takes approximately 45 minutes. It is a good option if you're following a gluten free, pescatarian, and ketogenic diet. Overall, this recipe earns a spectacular spoonacular score of 93%. If you like this recipe, take a look at these similar recipes: Basil and Orange Confit Compound Butter, Cider-Braised Pork Shoulder With Caramelized Onion and Apple Confit, and Lamb Confit.



Salmon Confit with Lemongrass Sauce

Information

Recipe

1 tablespoon butter

1 large carrot

1 teaspoon liquid chicken stock (or 1/2 cube of chicken stock cubes)

Chives to garnish

1 tablespoon cooking oil

150ml fresh cream

2 tablespoons extra virgin olive oil

1 tablespoon minced garlic

2 stalks of lemongrass (ends only, outer leaves removed)

1 tablespoon lemon juice

2 large lemons

400g – 450g salmon fillets (preferably skinless)

Salt and pepper to taste

150g – 200g spinach leaves (I used baby spinach leaves)

Begin by preheating the oven to 120°C. An efficient oven is important for this dish. If