***Salmon with Honey Mustard Sauce & Beetroot Potato Mash Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| ***Honey Mustard Sauce:*** | | |
| Light Butter | 10 g | 40 Cal. |
| Canola Oil | 20 g | 160 Cal. |
| Chopped Onion | 80 g | 30 Cal. |
| Milk | 400 ml | 250 Cal. |
| Cooking Cream | 1 liter | 3,600 Cal. |
| Dijon Mustard | 80 g | 90 Cal. |
| White Vinegar | 10 g | 0 Cal. |
| White Pepper | 1 g | 3 Cal. |
| Salt | 5 g | 0 Cal. |
| Honey MORE HONEY | 40 g | 160 Cal |
| Chili Powder | 5 g | 15 Cal |
| Fish Stock | 250 g | 50 Cal |
| ***Total*** | ***1,901 g (lose 15%)***  ***1615 after cooking*** | ***4398 Cal***  ***2.72 Cal*** |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Beetroot Mashed Potato*** | | |
| Light Butter | 30 g | 170 Cal |
| Potato Powder | 200 g | 700 Cal |
| Water | 800 ml | 0 |
| Cooking Cream | 75 g | 270 Cal |
| Salt | 5 g | 0 |
| White Pepper | 1 g | 3 Cal |
| Blended Beetroot | 400 g | 40 Cal |
| ***Total*** | ***1057 g*** | ***1183 Cal***  ***1.1 Cal/g*** |

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| **Portions** | **1P** | **2P** | **3P** |
| Salmon Fillet | 90g = 180 Cal | 110g = 220 Cal | 125g = 250 Cal |
| Beetroot Mashed Potato | 60g = 65 Cal | 100 = 110 Cal | 120 = 130 Cal |
| Boiled Carrot | 50g = 17 Cal | 60g = 20 Cal | 70g = 24 Cal |
| Boiled Zucchini | 50g = 17 Cal | 60g = 20 Cal | 70g = 24 Cal |
| Honey Mustard Sauce | 20g = 54 Cal | 40g = 108 Cal | 50g = 135 Cal |
| ***Total*** | 333 Cal | 478 Cal | 567 Cal |