



Sautéed salmon with fig sauce

15'
Hands on

10'
Cook Time

4
Portion(s)

2
Difficulty



Ingredients

- 800 g salmon, filets, skin removed
- 1 tablespoon(s) olive oil
- salt
- pepper
- 10 g ginger
- 1 clove(s) of garlic
- 200 g white wine
- 200 g water
- 150 g figs, dried
- 100 g balsamic cream, fig
- 1 tablespoon(s) honey

To serve

- basmati rice
- rosemary

Method

- Place a [non-stick pan](#) over high heat.
- Add the salmon fillets to the pan. Spread over them the olive oil, salt and pepper.
- Turn over the fillets. Sauté for 1-2 minutes on each side until golden.
- Remove the salmon from heat and set it aside.
- [Grate](#) the ginger and garlic.
- Remove the oil released by the salmon. Clean the pan and place it again over high heat.
- Add the wine, ginger, garlic, salt, pepper and water. Mix until it comes to a boil.
- [Cut](#) the figs into small pieces and add them to the pan with the rest of the ingredients.
- Add the balsamic vinegar and cook for 2-3 minutes until the sauce thickens.
- Add the honey, the salmon and cook for 2-3 minutes until the salmon is done.
- Serve with [basmati rice](#) and rosemary.

Διατροφικός πίνακας

Nutrition information per portion

587 Calories (kcal)	25.0 Total Fat (g)	4.8 Saturated Fat (g)	38.0 Total Carbs (g)
29%	36%	24%	15%
37.0 Sugars (g)	46.0 Protein (g)	3.2 Fibre (g)	0.89 Sodium (g)
41%	92%	13%	15%