

Steamed Salmon with Vegetables

INGREDIENTS FOR 1 PERSON

- 1 salmon fillet.
- 1 bunch of parsley.
- ½ lemon.
- Some chopped dill or thyme leaves.
- 2 tablespoons of extra virgin olive oil.
- 1 teaspoon of pink peppercorns.
- Salt and pepper to taste.

PREPARATION TIME: APPROXIMATELY 25 MINUTES

PROCEDURE

- In a large pot, place water with parsley, pink peppercorns, and half of the lemon.
- Place the steamer or a colander with the salmon fillet and your preferred vegetables on top of the pot, cover with the lid.
- Steam for about 15-20 minutes. Meanwhile, prepare a vinaigrette in a small bowl with olive oil, dill or thyme, 1 tablespoon of water, a pinch of salt, and pepper. Mix well.
- Place the salmon and vegetables on a plate and dress with the prepared vinaigrette.
- The salmon fillet can also be consumed the next day.
- Break it into pieces and mix it with a mixed salad; according to your taste, you can add diced melon or avocado, all dressed with the vinaigrette. It's a complete lunch that can also be taken to work.
- If you don't like salmon, for both recipes, you can use fresh or frozen mackerel fillet.