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## POACHED SALMON SALADA NICOISE

STEAM

If your oven has a large perforated pan you can cook the potatoes, eggs and green beans all on the same pan. Begin by cooking the potatoes and eggs and set the timer for 12 minutes. Then add the green beans and salmon to the oven and set the timer for another 8 minutes. The salmon is best cooked in a small solid pan or on a rimmed  $\frac{1}{4}$  size baking sheet.

### Ingredients:

- 1 - piece salmon, approx 1lb
- 1 - small lemon, halved, one half sliced
- $\frac{1}{4}$  - teaspoon herbs de Provence
- 1lb - small red or golden potatoes, cut into quarters
- 2 - large eggs
- $\frac{1}{2}$  - lb French style green beans
- $\frac{1}{4}$  - red onion, finely minced
- $\frac{1}{2}$  - cup Mediterranean black olives

### Preparation:

Begin by steaming the potatoes and eggs, place them in the solid pan and set the timer for 12 minutes. Meanwhile, trim the green beans and prepare the salmon.

### WRITE YOUR NOTES:



Place the sliced lemons in a small solid pan and add enough water to just cover the bottom of the pan, add the salmon and season with the herbs and a sprinkle of kosher salt. After 12 minutes add the green beans to the perforated pan and slide the solid pan with the salmon into the oven.

Set the timer for 8 minutes and cook until the potatoes are tender, and the green beans crisp tender and the salmon just set. Immerse the eggs into cold water to cool them down.

Let the potatoes cool slightly before combining with the chopped onion and the dressing while still warm. Fold in the green beans and olives then peel the eggs and cut into quarters.

Place the potatoes and vegetables in a shallow serving bowl, scatter the cherry tomatoes on top and garnish with the eggs.

The salmon can be served on the side or flaked and combined with the vegetables.

### Dressing

- 4 - tablespoons olive oil
  - 1 - tablespoon red wine vinegar
  - $\frac{1}{2}$  - teaspoon Dijon mustard
  - Sea Salt and freshly ground pepper to taste
- Serves 4 - 6