



# Salmon with Kale and Leek Chiffonade

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: 25 MINUTES

SLOW COOKER: 2 H 30 to 3 H

COOKING: 2 HRS

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## INGREDIENTS

- 1 kg (2.2 lb) salmon fillet, skinless
- 30 ml (2 tbsp) olive oil
- 3 garlic cloves, pressed or minced
- 200 g (2 cups) leeks, sliced
- 150 g (3 cups) kale leaves, finely chopped
- 227 g (8 oz) shiitake mushrooms, thinly sliced
- 2.5 ml (1/2 tsp) salt
- 60 ml (4 tbsp) fresh dill, chopped
- 65 ml (1/4 cup) vegetable stock (for baking only)
- Salt and pepper, to taste

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## PREPARATION

1. In a large frying pan, heat oil and sauté garlic, leeks, kale, mushrooms and salt over medium-low heat. Stir frequently, for about 8 to 10 minutes, or until the mushrooms have lost their excess water.
2. Add dill and vegetable broth (for baking only) and cook for an additional minute.
3. In the slow cooker dish or ovenproof dish, spread half the chiffonade. Place salmon fillet on top, salt and pepper, to taste, and cover with remaining chiffonade.
4. **Slow cooker:** Cover and cook at low temperature for 2 ½ to 3 hours, or until salmon separates with a fork. My advice: if the lid of your slow cooker has a hole, in order to avoid too much evaporation of the cooking liquid, you can use a small wooden stick to plug it).
5. **Traditional cooking:** Preheat the oven to 230 °F (110 °C). Cover and bake on the centre rack for about 2 hours or until the salmon separates with a fork.



*This unique, healthy recipe cooked in a slow cooker or in the oven will impress all your guests!*