

Allégro



7%
MILK FAT +
PROBIOTICS
+ **CALCIUM**

GRILLED SALMON WITH FRESH HERBS, ALLÉGRO PROBIO 7% SOFT RIPENED CHEESE CARPACCIO, AND CRUSHED HAZELNUTS



- + 45 ml (3 tbsp) of olive oil
- + 60 ml (4 tbsp) of fresh herbs (basil, tarragon, parsley, sage, etc.), finely chopped
- + Salt and pepper to taste
- + 1 Allégro Probio 7% Soft Ripened cheese (100 g), cut into very thin slices
- + 4 fresh salmon fillets (about 150 g each)
- + 125 ml (1/2 cup) of vegetable stock
- + 60 ml (4 tbsp) of hazelnuts, chopped

Put the olive oil and herbs in a bowl. Season lightly with salt and pepper. Mix well and dip the cheese slices into the mixture, then remove them and refrigerate. Place the salmon fillets into the remaining oil and herbs, making sure to coat them well. Let the fillets rest for 15 minutes. In a pan, cook the salmon over medium heat for 2 minutes. Turn over the fillets and pour the vegetable stock over them. Cook covered for another 3 minutes. Remove from heat and cover each fillet with 2 slices of Allégro cheese. Sprinkle with hazelnuts and continue cooking, covered, over high heat for 2 minutes.

Serving suggestion: Serve with a green salad and a drizzle of good quality olive oil.

Nutri-note: Aim to eat at least two fish meals every week. With omega-3 fats and probiotics, this recipe has a perfect mix of ingredients that's good for your heart, digestion, and immunity.

Source of calcium, iron, vitamin A and vitamin C

Preparation time: 30 minutes

Cooking time: 7 minutes

Number of portions: 4