
Braised Salmon and Fennel

1	can (7.5 oz /213 g) salmon drained	1
1 Tbsp	butter	15 mL
1½ tsp	olive oil	7 mL
1	Small bulb fennel, sliced(reserve fronds for garnish)	1
1	small red pepper, cut into chunks	1
4	small tomatoes, cut into quarters	4
2	green onions, sliced	2
30	spinach leaves	

1. Melt butter and olive oil together in a saucepan over medium heat. Put sliced garlic and fennel in the pan. Soften for ½ minute.
2. Add red peppers and tomatoes. Cover, lower heat and simmer for 10 minutes.
3. Remove from heat. Add green onions, spinach and chunks of salmon.
4. Put back on element, cover and heat thoroughly for about 1-2 minutes. Add salt and pepper to taste.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 2-3