

## Salmon Steaks in Mushroom Sauce

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Cook in Microwave. Serves 4

### **Ingredients: -**

40g/1½oz - plain flour

600ml/1 pint – milk

1 - bay leaf

blade of mace

25g/1oz - butter or low fat spread

225g/8oz - button mushrooms

4 - salmon steaks

### **Garnish:-**

Lemon

Parsley

### **Method: -**

Put the flour in a glass bowl and mix in the milk gradually, first making a smooth paste, then adding it more quickly and whisking all the time.

Add the bay leaf, mace, seasoning and butter.

Cook on high heat for 7-10 minutes until the sauce has boiled and thickened, whisking once halfway through the cooking time.

Add the mushrooms and cook on high heat for a further minute.



## Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Cover and keep warm.

Cook the salmon steaks, covered, on high heat for 8 minutes.

Stand for 5 minutes.

Reheat the sauce for 1-2 minutes and pour around the fish.

Garnish with lemon and parsley.

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