Savory Salmon and Leek Oats

2 substantial bowls; each contains half the salmon and half the oat-and-leek porridge | Active 20 min | Cook 25 min | Total 40 min

Ingredients

- 8 1/2 oz raw Atlantic salmon fillet, skin and pin bones removed (240 g edible weight)
- 3 1/4 oz rolled oats (90 g)
- 1 cup 2% milk (240 ml; use 240 g for the estimate)
- 1 1/4 cups water (300 ml/300 g)
- 1 large leek, pale portion trimmed, thoroughly washed and thinly sliced (150 g)
- 2 teaspoons olive oil (10 ml/9 g)
- 1 tablespoon lemon juice (15 ml/15 g)
- A small handful fresh dill, chopped (6 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

Kitchen scale and measuring jug, 8-inch/20 cm wide saucepan, at least 2 qt/2 liters, with lid, Separate clean board and knife for raw fish, Wooden spoon or silicone spatula, Thin-tip food thermometer

Allergens

Fish (salmon), Milk, Check oats for allergen or cross-contact statements.. Check labels and substitutions.

Make it

1. Trim, split and rinse the leek between its layers, then slice and weigh 150 g. On a separate board cut the salmon into roughly 1-inch/2.5 cm cubes. Wash hands and clean surfaces and utensils after handling raw fish.

2. Heat the oil in the saucepan over medium-low heat. Cook the leek with the salt for 7–8 minutes, stirring, until soft without browning. Stir in the oats for 1 minute. Pour in milk and water and add black pepper.

3. Bring to a gentle simmer, taking about 3 minutes, then lower the heat. Stir along the pan base and cook for 3–4 minutes, until the oats begin to soften but the mixture is still loose.

4. Nestle the salmon cubes into the porridge in one layer, cover and maintain a very gentle simmer for 5–7 minutes. Check a thick cube: the center must reach 145°F/63°C. If needed, turn the pieces gently, cover and cook a little longer. Avoid a hard boil or frequent stirring, which can scorch the milk and break up the fish.

5. Remove from the heat, gently fold in the lemon juice and dill, and stand for 2 minutes. Divide all the salmon and all the porridge equally between two bowls. Serve warm.

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Estimated nutrition per serving

Calories: 570 kcal | Protein: 35.7 g | Carbohydrate: 47.7 g | Fat: 26.2 g | Fiber: 6.0 g. One of 2 servings. Batch yield: 2 substantial bowls; each contains half the salmon and half the oat-and-leek porridge. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

One pot, one proper pause

The breakfast needs attention at the stove for about 25 minutes, rather than a long list of separate components. Keep it for a morning when a warm bowl fits the schedule; it does not need to be eaten at a particular interval after exercise.

A useful detail

The 240 g salmon is weighed raw after skin and bones are removed. The estimate uses raw Atlantic farmed salmon, counts all oil and liquids, and divides the entire cooked pan between two servings. Other salmon types change the estimate.

Another way

Replace the 6 g dill with 6 g chopped fresh chives.

For a different grain texture, use 90 g quick oats rather than rolled oats, but check their packet timing and add the fish as soon as the porridge begins to thicken. The resulting texture will be smoother.

Keep it well

Best just cooked. If saving a portion, transfer it promptly to a shallow container and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days, within the fish's original storage window. Reheat only the portion needed to 165°F/74°C throughout, stirring gently and adding a little water to loosen it; the fish will become firmer. Carry chilled portions with two cold sources.