



BAKED SALMON SALAD WITH CHILLIES AND HERBS

This light, and healthy, salad is full of deliciously fresh flavours, combining herbs, radishes, cucumber and baked salmon with a spicy chilli, lime and red onion dressing providing that little extra tang. You can substitute other fish, or even chicken, for the salmon, just adjust the cooking time accordingly.

 15 minutes 30 minutes 4 portions

INGREDIENTS

- 2 limes
- 2 red chillies, thinly sliced
- 2 tablespoons of fish sauce
- Salt to taste
- Pinch of coconut sugar
- 2 tablespoons of olive oil
- 440 grams of salmon fillet (or 4 fillets)
- 240 grams of mixed salad leaves
- Fresh mint, chopped (or other herbs of choice to make up a total combined weight of 50g for chosen herbs)
- Fresh coriander leaves, chopped (or other herbs of choice to make up a total combined weight of 50g for chosen herbs)
- Fresh basil leaves, (or other herbs of choice to make up a total combined weight of 50g for chosen herbs)
- 25 grams of red onion, thinly sliced
- 8 radishes, sliced
- 8 baby cucumbers, sliced

COOKING METHOD

- 1° Heat the oven to 200°C (Gas Mark 6).
- 2° To make the dressing, squeeze the juice of 1 lime into a small bowl. Add the sliced chilli, half the red onion, fish sauce and a pinch of salt and sugar. Mix well and set aside.
- 3° Brush the salmon with the olive oil and place on a baking tray lined with foil. Half the other lime and also place it on the tray. Bake in the oven for about 15 minutes, until the salmon is cooked through.
- 4° Once cooked, allow the salmon to cool slightly then break it up into chunks.
- 5° Divide the salad leaves, the remaining ½ onion, fresh herbs, radishes and cucumbers, between 4 plates or bowls and drizzle with the dressing. Squeeze the juice from the baked lime over the salad and toss together adding a little more salt to taste.
- 6° Top the salad with the salmon chunks and serve immediately.
- 7° If using for a meal prep lunch, allow the salmon to cool completely before combining with the salad and save the dressing and baked lime to be added when eating.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (299 g)	% DRI
ENERGY	96 kcal	288 kcal	14 %
PROTEIN	9 g	27 g	54 %
CARBOHYDRATE	3 g	8 g	3 %
SUGARS	1 g	4 g	5 %
FAT	6 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
FIBER	1 g	2 g	6 %
SODIUM	257 mg	769 mg	32 %