

**THAI SWEET CHILI SALMON WITH CASHEWS**

salmon recipe with delicious sweet thai chili sauce, lime, cashews and fresh coriander.

 10 minutes 30 minutes 4 portions**INGREDIENTS**

- 1/2 cup of sweet chili sauce, (137 g)
- Juice of 2 limes (88 g)
- 1 tbsp of , agave syrup (21 g) or 1 tbsp of honey (21 g)
- 1/2 red chili (3 g)
- 2 cloves of garlic,minced (6 g)
- 4 fillets of fish, salmon, pink, raw (159 g each)
- 75 grams of nuts, cashew nuts, raw
- 1 handful fresh coriander (20 g)

COOKING METHOD

- 1° In a bowl, combine sweet chili sauce, lime juice, and agave syrup (or honey). Season with salt and pepper. Whisk to combine and add minced red chili pepper and garlic.
- 2° In a shallow baking dish, place the 4 pieces of salmon and cover with two thirds of the marinade. Allow to marinate for at least one hour in the refrigerator.
- 3° Preheat the oven to 150°C and bake the salmon for about 15-20 minutes, until tender but not over-baked.
- 4° Heat the remaining sauce in a small saucepan until you get a slightly thick consistency.
- 5° Serve the salmon in a dish or a plate, covering with the remaining Thai sauce. Sprinkle some crushed cashews on top, garnish with fresh coriander and enjoy with a side of rice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (246 g)	% DRI
ENERGY	148 kcal	364 kcal	18 %
FAT	6 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	30 mg	73 mg	24 %
SODIUM	244 mg	601 mg	25 %
CARBOHYDRATE	8 g	19 g	6 %
SUGARS	4 g	10 g	—
FIBER	1 g	2 g	8 %
PROTEIN	15 g	37 g	—