



Mediterranean salmon

Serves: 2 40 minutes



At just 370 calories, this tasty meal provides you with 30g protein and is a great source of omega 3's and healthy fats! It is packed with fibre, providing 3½ of your 5 a day in just one serving

Ingredients

- 2 salmon fillets
- 1x courgette sliced
- 1 x yellow and 1 x red pepper sliced
- 1 x red onion diced
- 8 cherry tomatoes
- 1 x large sweet potato
- Low calorie spray oil
- Lemon, black pepper, garlic, paprika & chilli flakes for seasoning

Method: Start by preheating your oven on the fan setting at 200 degrees

Sweet Potatoes:

1. Wash sweet potato, cut in half lengthways, then cut each piece in half again and repeat until you have wedges.
2. Spray baking tray with oil, place wedges on top then season with paprika, mixed herbs, chili flakes. Mix to fully coat then place into oven for 35 mins.

Vegetables:

1. Wash all vegetables, cut the top and bottom off courgette then slice
2. Chop the head of your peppers & around the core, then slice into strips
3. Trim the top and bottom off your onion, cut in half then peel outer layer off and cut into wedges.
4. Lay out the sliced peppers, onion, courgette and cherry tomatoes onto a baking tray, spray with oil and season for taste. Place into oven for around 20-minutes

Salmon:

1. Season Salmon with lemon juice, black pepper and garlic
2. Wrap salmon fillets in foil and place into an ovenproof dish, cook for around 15 - 20 minutes then take all components out and serve together

Nutritional information:

370 Calories, 17g fat, 37g carbohydrate, 8g fibre, 30g protein.

Extra tips:

1. To balance your meal, keep wedges to ¼ plate and fill half the plate with vegetables to keep calories low.
2. Leave skins on potatoes for extra fibre - but feel free to peel if you don't like these
3. Try to keep wedges to a similar size so they cook at the same rate
4. Use whatever seasonings you enjoy! (but try to avoid salt)