

LighterLife Management

Week 1 Recipes:

Chilli ginger salmon

Quick, simple, tasty and a great source of omega 3 essential fatty acids.

Serves: 1

Nutrition per serving:

278 kcal, 25g protein, 4g carbs, 18g fat, 0g fibre

Ingredients:

- 120g salmon fillet. skinless
- ½ tsp chopped or grated ginger
- 1 tsp soy sauce
- 1 tsp sweet chilli dipping sauce
- 1 tbsp fresh chopped coriander

Method:

1. Preheat the oven to 200°C, gas mark 6.
2. Place the salmon in the centre of a sheet of foil on a baking tray, and top with the rest of the ingredients.
3. Fold the foil over to make a pouch and bake for 10-15 mins.
4. Serve the salmon drizzled in the cooking juices.

Tips:

- Use fresh, chopped chilli or pre-prepped minced chilli instead of sweet chilli dipping sauce.
- Foodpack match – serve with Thai Noodles.