

Quick salmon fillet



BODY SHAPE
PERFORMANCE

1 red chilli pepper, finely chopped
1 tbsp olive oil
2 garlic cloves, finely chopped
1 tsp ground coriander
1 tsp dried basil
pinch of sea salt
juice of 1 lemon
175g fresh salmon fillet
fresh chopped coriander to serve

SERVES 1

Preheat oven to 160°C/325°F.

Line an ovenproof tray with a sheet of foil (large enough to seal the salmon in a loose parcel).

Mix the chilli, oil, garlic, ground coriander, basil, salt and lemon in a large bowl.

Place the salmon fillet in the bowl and carefully turn in the mixture to cover thoroughly. Transfer the salmon to the tray. Spoon the mixture over the salmon. Seal the salmon loosely in the foil.

Oven cook for 15-20 minutes, until the salmon is thoroughly cooked (the flesh will be a pale pink colour throughout). Sprinkle on the chopped coriander and serve.

Store any leftover salmon in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve the salmon with a big leafy salad.



PER SERVING:
529 Calories
13g Carbs
36g Protein
37g Fat