

Salmon burrito with cabbage & courgette



BODY SHAPE
PERFORMANCE

2 tps ghee or coconut oil
½ a red onion, finely chopped
1 spring onion, finely sliced
60g courgette, finely chopped
100g Savoy cabbage, finely chopped
180g fresh salmon fillet
2-3 garlic cloves, finely chopped
equivalent amount of fresh ginger,
finely chopped
pinch of salt and pepper
1 tsp mustard seeds
½ tsp dried oregano
juice of 1 lime
2 eggs
a handful of fresh coriander, chopped

SERVES 2

Melt half of the ghee / oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes. Add the spring onion, cabbage and courgette and sauté for 4 minutes, stirring, until soft. Remove the cooked vegetables from the pan and set aside.

Add the salmon to the pan, skin side down and cook for 5-6 minutes until the skin is crispy. Turn over and cook until the flesh is a pale pink throughout. Remove skin and discard. Break the salmon up into flakes.

Return the salmon and cooked vegetables to the pan. Add the garlic, ginger, salt, pepper, mustard seeds and oregano. Squeeze over half of the lime juice and stir. Cook for 3 minutes, stirring occasionally. Remove pan from heat.

Whisk the eggs in a jug. Melt the remaining ghee / oil in a frying pan or skillet over a medium heat. Pour the eggs into the pan and cook for 2-3 minutes until the centre of the eggs are firm. Use a slice to turn and cook until firm throughout. Remove from pan and transfer to a plate.

Spoon the filling across the centre of the cooked egg. Add the coriander and remaining lime juice. Wrap the sides of the cooked egg up and around the filling. Roll then slice in half and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

PER SERVING:
299 Calories
12g Carbs
29g Protein
15g Fat

