

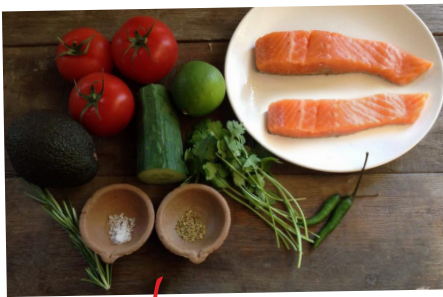
# Salmon with a spicy salsa



**BODY SHAPE**  
PERFORMANCE

3 ripe tomatoes, chopped quite finely  
50g cucumber, diced finely  
juice of ½ a lime  
small handful of fresh coriander,  
chopped finely  
100g ripe avocado, chopped finely  
1-2 red or green finger chilli peppers  
2 tsps ghee or coconut oil  
2 x 170g salmon fillets  
sprig of fresh rosemary  
pinch of sea salt  
½ tsp dried oregano

**SERVES 2**



Mix the tomatoes, cucumber, lime juice, coriander, avocado and chillis thoroughly in a bowl.

Melt the ghee / oil in a frying pan over a medium / high heat.

Add the salmon fillets, skin side down. Add the rosemary to the pan and sprinkle the salt and oregano over the salmon.

Cook for 5 minutes, until the salmon skin is crispy.

Turn the fillets carefully onto their side and cook for a further 2-3 minutes, until the salmon flesh is cooked throughout. It should be a pale pink colour when cooked.

Serve the salmon topped with the spicy salsa.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

**Serving suggestion:**

Accompany with steamed vegetables.

PER SERVING:  
506 Calories  
**6g Carbs**  
35g Protein  
**38g Fat**

