



# CHILLI SALMON

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

4 x 200g salmon fillets

1 tbsp olive oil

2 tsp dried chilli flakes

For the salad:

2 large Lebanese cucumbers, halved and sliced

15g fresh coriander, leaves picked

For the dressing:

30ml lime juice

1/2 tbsp fish sauce

1/2 tbsp rice wine vinegar

1 tsp honey

1 garlic clove, minced

## INSTRUCTIONS

Bring a large frying pan to high heat and add olive oil. Next, place the salmon steaks in the pan and sprinkle with chilli flakes. Cook for 2-3 minutes each side, or until cooked to your liking. A little undercooked is recommended.

Meanwhile, make the dressing by adding all ingredients to a jar and shaking very well to combine.

Place cucumber and coriander in a bowl and toss with dressing.

Divide salad on 4 plates and place a piece of chilli salmon on each.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 448 | PROTEIN | 51 |
| CARBS    | 7   | FATS    | 24 |
| FIBRE    | 1   |         |    |