

Spicy salmon parcels



2 x salmon fillets (approximately 125g each)
small bunch fresh coriander, roughly chopped
1 garlic clove, finely chopped
1 red chilli pepper, finely chopped
pinch sea salt
1 lemon, cut into quarters

SERVES 2

Preheat oven to 170°C/350°F.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon on the tray.

Sprinkle on the coriander, garlic, chilli and salt.

Squeeze the juice of 2 lemon wedges over the salmon. Place the other 2 wedges on the tray.

Gently wrap the foil around the salmon and seal into a parcel.

Cook for 20 minutes or until the salmon is cooked thoroughly (the flesh should be a pale pink colour).

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



PER SERVING:
273 Calories
5g Carbs
25g Protein
17g Fat