

Caribbean Salmon – serves 2

Caribbean Inspired

You will need:

- 2 salmon fillets
- ½ tsp chilli powder
- ½ tsp cumin
- Pinch of cayenne pepper
- 50g quinoa
- 80g peas
- 160g spinach
- 160g broccoli
- ½ mango
- ½ avocado
- 1 diced spring onion
- Small bunch coriander
- Juice of ½ a lime

How to make it:

1. Preheat the oven to 180 degrees.
2. Mix the chilli powder, cumin and cayenne pepper and spread over the salmon.
3. Place the salmon in the oven for 20 minutes or until cooked.
4. Cook the quinoa according to packet.
5. Steam the peas, spinach and broccoli.
6. In a separate bowl, combine the mango, red onion and
7. Combine the quinoa with the cooked vegetables and place the salmon on top.

What does this give you?

- 1 portions of starchy food
- 2 portion of protein
- 3.5 portions of vegetables

The detail: per serving: 520kcal, 25g fat, 4.8g saturated fat, 29g carbohydrate, 14.6g sugar, 12.6g fibre, 36g protein, 0.5g salt

Preparation time: 10 minutes

Cooking time: 35-40 minutes

Approx. cost per serving: £3.05

ALLERGENS: Contains fish