



Recipes

Salmon Salad



Ingredients:

80g Watercress

50g Rocket

1/2 cup sundried tomatoes

1/2 an avocado

1 large roasted sweet potato

10 Olives

30g Pumpkin seeds

2 whole roasted portobello mushrooms

80g steamed broccoli

2 wild caught salmon fillets

1/4 cup soy sauce (gluten free!)

1 teaspoon honey



Cooking Instructions:

Use left-over roasted sweet potato and mushrooms, or roast for around an hour at 180 degrees with a tablespoon of coconut oil and herbs.

Place soy sauce and honey in an oven proof dish, add the salmon and marinade for a few hours if you have time, otherwise roast in the oven in the sauce for 12 minutes or until the salmon is cooked to liking.

Assemble the salad by adding all ingredients in a bowl, top with the salmon, dress with olive oil and the sauce from the salmon and enjoy.

You can add chilli, ginger and garlic to the salmon sauce for extra anti-inflammatory and anti-microbial benefits. To make this meal for the family, serve with wild rice or quinoa and extra steamed vegetables.