

SPICED SALMON

4 Servings

Calories: 356 kcal, Protein: 34g, Fat: 24g, Carbohydrates: 1g

INGREDIENTS

1 teaspoon of coriander, cumin, ginger, chilli powder, white pepper & salt

2 teaspoons of paprika

1/2 teaspoon of allspice

30ml of olive oil

4 x 150g of Salmon Steaks (sub for cutlets or blue eye)

DIRECTIONS

Combine spices with and oil to form a smooth paste

Spread paste on flesh side of salmon

Place salmon on an oiled bbq, flesh side down

Cook for 4 minutes, then flip over and cook for 3 more minutes

Serve with a Fennel Slaw – combine grated carrot and apple with thinly sliced cabbage (green and red) and lettuce. Serve with a mustard, apple cider vinegar, lemon, olive oil dressing.