

SALMON TRAY BAKE

serves 4

Per serve: Cal: 452; Fat: 30.8g; Pro: 28.7g; Carbs: 11.7g

INGREDIENTS

- 1 Red onion finely chopped
- 1 Garlic clove crushed
- 0.5 cup Fresh basil or 2 tablespoons of gourmet garden dried basil
- 3 tablespoon olive oil
- 2 tablespoon vinegar
- 300 grams Cherry tomatoes, (or 5 truss tomatoes)
- 0.5 cup Green pitted olives
- 2 tablespoon Capers
- 500 grams Fresh salmon fillet
- 1 teaspoon Salt, Himalayan
- 2 Zucchini Spiralised
- 2 Carrot Spiralised

DIRECTIONS

Preheat oven to 200 degrees and line an oven tray/dish with baking paper.

Finely chop onion, garlic, and basil and pop in small bowl with olive oil and white wine vinegar. Mix and set aside.

Halve the tomatoes and olives, and cut the salmon into larger than bite sized chunks.

Lay the tomatoes, olives, salmon and capers on the tray and pour on the olive oil mixture with onions and garlic. Sprinkle with salt.

Put tray in oven and cook for 12-14 minutes or until done. Salmon will be cooked through at this length of time so if you like it a little less cooked, reduce to 10-12 minutes.

Meanwhile, spiralise the carrot and courgette, and either blanch in boiling water 1-2 minutes or use microwave to heat through 3 minutes.

Serve vegetable noodles between four plates, topping with salmon and tomato mixture.

You can also serve with a salad or soba noodles on heavier training day