

SALMON ONE PAN

2 servings

Per Serving

Calories 697, Fat 33g, Carbs 55g, Protein 49g, Fibre 13g

INGREDIENTS

2 salmon fillets (I used skin off)

1 diced onion

1 tablespoon of olive oil

2 cloves of minced garlic (or 2 teaspoons)

6 chopped sundried tomatoes

1 big handful of spinach

½ can of light coconut milk

1 drained can of cannellini beans

Season with salt and pepper to tast

DIRECTIONS

Warm oil then cook onion and garlic in pan over a moderate heat

Add salmon and sear either side then leave in pan

Add sundried tomatoes & spinach – cook until spinach is wilted

Add coconut milk

Either leave to simmer gently on stove for 20 minutes or in a moderate oven

Add beans and stir through, season with salt and pepper, cook for an additional 5 minutes

Serve with a fresh salad and some crusty bread