

Miso salmon & sesame salad



DYNAMIX
HEALTH & FITNESS

2 x 130g salmon fillets

for the marinade:

½ tbsp miso paste

1 tbsp fresh lemon juice

1 tbsp sesame oil

a small pinch of sea salt and ground
black pepper

1 tsp fresh ginger, grated

½ tsp honey

for the salad:

1 bunch fresh watercress

a small handful of fresh coriander

70g cucumber, chopped

90g courgette, cut into strips or
spiralised

1 tsp sesame seeds

for the salad dressing:

2 tsp sesame oil

1 tsp soy sauce

a squeeze of lemon juice

Line a small baking tray with foil and add
the salmon fillets.

Mix the marinade ingredients together in
a jug. Brush the marinade generously over
the salmon fillets. Refrigerate for 1 hour.

Preheat oven to 200°C/400°F.

Bake the salmon for 20-25 minutes or
until thoroughly cooked. The salmon will
be a pale pink colour throughout when
cooked.

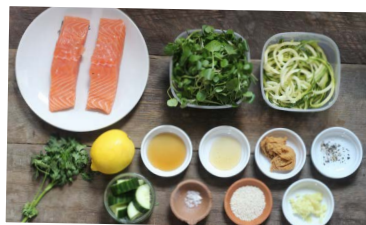
Meanwhile, mix the salad dressing
ingredients in a jug.

Assemble the watercress and coriander
on two serving plates. Add the cucumber
and courgette and sprinkle on the sesame
seeds. Drizzle the dressing over the salad.

Add the cooked salmon fillets and serve.

*Store any leftovers in an airtight container
and refrigerate for up to 2 days.*

SERVES 2



PER SERVING:
508 Calories
7g Carbs
39g Protein
36g Fat

