



## Pan fried salmon on a bed of wilted spinach, mushrooms and yoghurt

Serves 1

Prep time: 5 minutes

Cooking time: 20 minutes

Per portion

Calories: 402

Fat: 21.7g

Saturates: 4g

Carbs: 7g

of which sugars: 6.2g

Fibre: 2.5g

Protein: 44.2g

Salt: 0.35g

### Ingredients:

- 1 x 140g salmon fillet, with skin
- 1 shallot, peeled and finely sliced
- 80g chestnut mushrooms, sliced
- 80g baby spinach
- 100g low-fat Greek yoghurt
- Freshly ground black pepper
- Rapeseed oil

### Instructions:

Season the salmon with some black pepper. Preheat a medium frying pan and add a couple of sprays of rapeseed oil and add the salmon skin side down. Add the sliced mushrooms and onions to the frying pan with the fish, stirring occasionally so they cook evenly.

After about 6-8 minutes turn the salmon over and continue to cook for a further 3-4 minutes or until the salmon is cooked to your liking. Remove the salmon from the pan and transfer to a warmed serving plate, leaving the mushrooms and onions in the frying pan.

Add the spinach to the mushroom and onions and cook for 1-2 minutes until the spinach has wilted. Reduce the heat and add the yoghurt stirring gently so that the yoghurt does not separate, and cook for a further 1-2 minutes. Season with freshly ground black pepper and pour the mixture around the salmon.

Serve straight away