



## Baked Sesame Salmon with Salad

Serves 1

Prep time: 5 minutes

Cooking time: 14-16 minutes

Per portion

Calories: 340

Fat: 24.3g

Saturates: 4.4g

Carbs: 2.4g

of which sugars: 2.4g

Fibre: 0.6g

Protein: 28.3g

Salt: 0.3g

### Ingredients:

1 x 130g fresh salmon fillet

½ tsp sesame oil

½ tsp sesame seeds

½ tsp honey

Large green salad

4 large radishes, sliced

1 lime

Pinch of chilli powder (optional)

### Instructions:

Pre-heat the oven to 190C, 375F, gas mark 5

Place the salmon fillet, skin side down into a shallow oven proof dish.

Brush salmon with the sesame oil, then sprinkle over the sesame seeds, place in the oven and cook for 14-16 minutes.

Arrange the salad and radishes in a pasta bowl, squeeze over the juice of the lime.

Remove the salmon from the oven and cut into chunks, serve hot or cold on the salad. Just before serving sprinkle over a little bit of chilli powder if using