

## Tuesday Lunch - Tangy Baked Salmon

(serves 4) - 30 mins prep



1. Pre heat oven to 170 degrees/ 340 F/ gas mark 4 and place salmon fillets what was skin side down on baking sheet with baking parchment & season.

2. Mix together lime zest & juice, chopped tomatoes, onion, coriander, garlic, chilli & ginger & spoon over the salmon.

3. Bake for 15/20 minutes until cooked. Serve with steamed green vegetables & lime halves.

### Ingredients:

4 portions of salmon, skin removed

Sea salt & freshly ground black pepper

Zest & juice of 2 limes

2 tomatoes deseeded & finely chopped

1 onion finely diced

A large handful of fresh coriander chopped

1 garlic clove crushed

1 red chilli deseeded & finely chopped

1 inch of fresh ginger peeled & grated

Steamed green beans, broccoli & mange tout to serve & lime halves