

Baked Salmon with Cauliflower and Pine Nuts

Preparation Time: 5 min

Cooking Time: 15 min

4 small serves/ 2 large serves



Ingredients

2 x 125g salmon fillets (skin less)

1 small cauliflower (broken into florets)

¼ cup pine nuts (toasted)

½ cup frozen peas

1 tsp olive oil

2 tbsp fresh parsley (chopped)

1 lemon (grated zest and juice)

Directions

Preheat oven to 180°C

Place salmon on a tray lined with baking paper

Bake salmon in the oven for 10-15 minutes, or until cooked through

Use a food processor to pulse the cauliflower florets to a couscous texture

Place cauliflower and peas in a microwave safe container and cover

Microwave the peas and cauliflower for 3 minutes

Add the pine nuts, olive oil, parsley, lemon zest and lemon juice and mix well

Divide cauliflower mixture evenly between two serving dishes and accompany with a salmon fillet

Nutrition Information		
	Per small serve	Per large serve
Energy (kJ)	677	1354
Fat (g)	10	20
- saturated (g)	2.7	5.4
Protein (g)	14	28
Carbohydrate (g)	4	8
Fibre (g)	3.7	7.4