



SALMON WITH LIME AND CORIANDER SALAD

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 6 mins

Serves: 2



INGREDIENTS

- 2 salmon fillets, skin on, bones out
- 2 tbsp olive oil
- ½ red chilli, deseed half, finely diced
- pink rock salt
- black pepper

SALAD

- 100g lettuce leaves, roughly chopped
- 1 Lebanese cucumber, cut into ½ cm cubes
- 2 cheeks red capsicum, finely diced
- ½ cup fresh coriander, finely chopped
- 1 small red chilli, finely chopped
- juice of half large lime
- 1 tbsp apple cider vinegar
- 1 tbsp fish sauce
- ¼ cup dextrose powder
- 1 tbsp olive oil
- salt and pepper to taste

METHOD

- Heat heavy base frying pan to medium high and add oil and chilli for fish.
- Stir, then add fish fillets, skin side down.
- Cook quickly in hot oil for 2-3 minutes, until skin is crisp.
- Turn and reduce heat to medium, cook a further 3-4 minutes.
- Meanwhile make salad, place vegetables into a bowl and mix.
- Add coriander and all other ingredients.
- Stir well and serve with hot fish.