

Baked Salmon Tray With Rice & Tomatoes

Serves 4

14 oz. (400g) salmon fillet, skin removed

1 tsp. honey

2 tbsp. soy sauce

2 tbsp. olive oil

4 slices of lemon + 2 tbsp. of juice

⅔ cup (200g) jasmine rice

1 cup (150g) cherry tomatoes

handful basil leaves

4 tbsp. natural yogurt, 0% fat

Spices:

2 tsp. paprika

½ tsp. curry

1 tsp. oregano

pinch of chili flakes

What you need to do

1. Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.
2. Preheat oven to 400°F (200°C).
3. Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.
4. Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chili flakes.
5. Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.
6. Serve with a dollop of natural yogurt.

GF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30 mins	476	19	44	31

*Nutrition per serving

