

Recipe of the Week 6

Oven roasted salmon with lemon

The roasted fish and lemon recipe is an ideal way to get one of your recommended two portions of oily fish a week. Oily fish is high in omega 3, an essential fatty acid, which is linked with anti-inflammatory effects and improved cognitive function. This could mean preserved health and improved skills in the pool.

Tip: you can replace the rice with boiled potatoes and include a variety of different vegetables to increase the vitamin and mineral content of the dish.



Serves: 2

Preparation time: 5-minutes

Cooking time: 15-minutes

Ingredients

- 2 100g salmon steaks/fillets
- 1 clove garlic, crushed
- 1 teaspoon lemon juice
- 1 medium courgette (trimmed and thinly sliced)
- ½ small red onion, very thinly sliced
- 1 strip (½ cm/¼ inch wide) orange zest (removed with a vegetable peeler) cut into 2 long narrow strips
- 2 tablespoon fresh parsley (chopped)
- Freshly ground black pepper
- 1 teaspoon olive oil
- 165g cooked brown rice

Each serving contains

- Energy (kcal) – 320
- Carbohydrates – 27g
- Protein – 24g
- Fat – 11g (1.2g saturated)

Method

1. Preheat oven to 230°C/450°F/Gas Mark 8
2. Cut 2 pieces of foil, each about 30cm/12 inches long and 15cm/6 inches wide. Position a portion of fish in the centre of each piece of foil.
3. Rub the crushed garlic onto the fish and sprinkle with lemon juice. Divide the courgette, red onion, orange zest and parsley evenly on top of the fish.
4. Sprinkle with black pepper and drizzle with the olive oil.
5. Wrap up the foil parcels, folding the long sides and crimping the edges to seal. Place on a baking sheet and cook in the preheated oven for 15 minutes
6. Carefully cut open the parcels and slide the fish onto a bed of cooked brown rice, along with the vegetables and juices.

(Adapted from World Cancer Research Funds, 2009)