



Recipe
suggestions

Warm salmon citrus salad (serves 2)

Ingredients

- > 25g butter
- > 150g salmon fillet
- > 1 orange, quartered
- > juice of 1 lemon
- > pinch chilli flakes
- > 1 tsp brown sugar
- > 1 tsp balsamic vinegar
- > salt and freshly ground black pepper

Method

- > For the salmon, melt the butter in a small frying pan, place the salmon into the pan along with all the other salmon ingredients and cook for 3-4 minutes on each side, or until completely cooked through.
- > Remove the salmon from the pan and flake into pieces.
- > Return the frying pan to the heat and simmer the sauce left in the pan for 4-5 minutes, until reduced, squeezing out the juice from the orange quarters with the back of a spoon.
- > For the salad, place the spinach, olive oil and lemon juice into a large bowl and mix well.
- > To serve, place the salad onto a plate, top with the flaked salmon and pour over the sauce from the pan.

For the salad

- > 150g spinach
- > 2 tbsp olive oil
- > juice of ½ lemon

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