



CHIPOTLE SALMON

Aim: Getting in the Omega 3s, with a massive hit of flavour!!

Ingredients

Chipotle Salmon

- 2 x 120g salmon fillet
- 25g chipotle paste

Couscous

- 75g couscous
- 250g peppers, finely diced
- 25g spring onion, finely diced
- 150g tin sweetcorn, drained
- 1 tsp olive oil
- Juice ½ lime
- 1 tbsp fresh coriander, roughly chopped
- Salt and pepper

Directions

READY IN: 25 // SERVINGS: 2

1. Preheat the oven to 180 degrees.
2. Rub the salmon with the chipotle paste, on a baking tray and roast in the oven for 15 minutes (or until cooked through).
3. Meanwhile, prepare the couscous according to packet instructions. Once cooked, combine all couscous ingredients together.
4. Serve the salmon on the couscous. This will keep in the fridge for up to 5 days for longer term storage, and can be eaten cold.

Variations to consider: if you aren't a fan of salmon, this tastes great with chicken or pan fried steak! For more carbs, increase the couscous. For less carbs, switch the couscous for salad. And top with cheese for more fats and a big calcium hit!!

CALORIES

561

CARBOHYDRATE

58

PROTEIN

38

FAT

20