



KCAL:
532

CARB:
54g

PRO:
28g

FAT:
24g

Salmon and sweet potato wedges and spinach salad

High pro Med carb Dinner



By Adam Lloyd

This is a very straight forward meal but great for providing one of your weekly essential fatty acids (omega 3) sources. Salmon is a great source of anti-inflammatory omega 3's and goes brilliantly with the Cajun seasoning. Sweet potatoes, although similar to potatoes, are much higher in vitamin A, which is important in immunity and growth, and also have a little more fibre which helps to maintain a healthy gut.

Prep: 5 min

Cook: 25 min

Fresh: 1 days

Beginner

Ingredients for 1 Portion(s)

1 medium, whole Sweet potato

1 average fillet Salmon fillet

1 tablespoon Tesco Cajun Seasoning

1 teaspoon Olive oil

2 twist of Black pepper

1 pinch Salt

Method

Preheat the oven to 180°C.

Wash the sweet potato, the carefully pierce with a fork all over. Part cook the sweet potato in the microwave for 5 minutes.

Carefully cut the sweet potato into wedges. Toss the wedges in a bowl with olive oil, cajun seasoning, salt and black pepper.

In an oven proof dish, bake wedges on the middle shelf of the oven for 20 minutes.

Season the salmon fillet with black pepper and cajun seasoning. Place the salmon fillet skin side down on a cold pan and then bring the pan to a medium heat. Cook for 4 minutes on each side, or until cooked throughout. Take care when turning the salmon fillet.

Serve with fresh green leaves (or other veggies).