

Spiced salmon & chickpea salad

RESULTS

FITNESS

2 x 130g salmon fillets
1 tsp smoked paprika
1 tsp olive oil
½ tsp red chilli flakes
1 tsp coconut oil
1 small red onion, sliced
200g cauliflower, cut into florets
200g (drained weight) tinned chickpeas, rinsed and patted dry
2 tps medium curry powder
100g fresh spinach leaves
8 cherry tomatoes, halved
100g cucumber, diced
2 tbsps Greek yoghurt (use dairy free if preferred)
juice of ½ a lemon
2 tps fresh coriander, finely chopped
a pinch of sea salt and black pepper
lemon wedges, to serve

SERVES 2



PER SERVING:
608 Calories
36g Carbs
44g Protein
32g Fat

Preheat oven to 200°C/400°F. Place the salmon onto a foil-lined tray. Mix the paprika, oil and chilli flakes in a bowl. Spread the mixture over the tops and sides of the salmon fillets. Bake for 20-25 minutes, or until the salmon is cooked.

Meanwhile, heat the oil in a lidded frying pan or saucepan. Add the onion and cauliflower. Stir, cover and cook for 8 minutes, stirring occasionally.

Add the chickpeas and curry powder and stir. Cook uncovered for 5 minutes, stirring occasionally. Add a small splash of water to the pan and add the spinach. Cover and cook for 2-3 minutes, or until the spinach has wilted.

Mix the tomatoes, cucumber, yoghurt, lemon juice, coriander, salt and pepper in a bowl.

Divide the chickpea mixture between two plates. Add the tomato and cucumber mixture and top with the salmon. Serve with lemon wedges.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

