

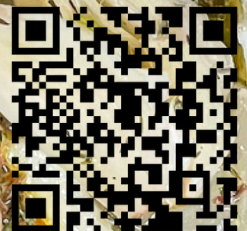


# CITRUS SALMON

An easy heart healthy dinner  
recipe!

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# CITRUS SALMON

Servings: 4

## INGREDIENTS:

- 4 SALMON FILLETS, SKIN ON
- 1 TSP SUMAC
- 1 TSP GROUND CUMIN
- ½ TSP GROUND CINNAMON
- ½ ORANGE, ZEST
- ½ LIME, ZEST
- 2 TSP OLIVE OIL
- FRESHLY GROUND BLACK PEPPER



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## METHOD:

1. Combine the sumac, cumin, cinnamon, citrus zests and oil and mix well.
2. Coat the salmon in the marinade and leave in the fridge for a couple of hours.
3. Preheat the oven to 200°C. Line an ovenproof tray with baking paper.
4. Place the salmon fillets on the tray and season with black pepper.
5. Bake in the oven for approx. 6-8 minutes, or until the salmon is cooked through.
6. Serve with the lemon wedges.

Serving suggestion: Pair with wholegrain rice and roasted vegetables

Per average serving:

ENERGY  
950 kJ / 277  
kcal  
11%

FAT  
15G  
21%

SATURATES  
2.7G  
14%

SUGARS  
0.9G  
1%

SALT  
0.4G  
7%

### IMPORTANT INFORMATION

\*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron).

Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Fish