



Chilli & Lime Salmon with Thai Herb Salad

SERVES 4

INGREDIENTS

Juice from 1 lime
1 clove garlic, crushed
2 tablespoons soy sauce
1 small red chilli, finely chopped
2 tablespoons olive oil
4 x 120g salmon fillets (females)
4 x 220g salmon fillets (males)

THAI HERB SALAD

1 cucumber, halved lengthways, seeds removed and sliced thinly
150g cherry or grape tomatoes, halved
½ cup loosely packed basil leaves
½ cup loosely packed mint leaves
½ cup loosely packed coriander
1 cup bean sprouts
1 tablespoon lime juice
1 teaspoon extra virgin olive oil
1 teaspoon soy sauce
Chopped red chilli (optional)

METHOD

1. In a large bowl combine lime juice, garlic, soy sauce, chilli and 1 tablespoon of the oil. Mix with a fork. Place salmon fillets in the bowl and coat thoroughly in the marinade. Set aside for 30 minutes in the fridge.
2. Heat remaining oil in a large frying pan on high. Cook salmon until golden and crispy on the outside but pink on the inside.
3. Combine all salad ingredients in a large bowl and toss to combine. Serve salmon on top of salad with extra chilli on top if desired. Drizzle any extra dressing over salmon.

