

PARMESAN CRUSTED SALMON WITH SPINACH & TOMATOES



LifeShape Clinic

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INGREDIENTS (SERVES 4)

4 x 120g salmon fillets
1 tsp olive oil
1/4 cup finely chopped basil
6 garlic cloves crushed
1 tablespoon white wine
1 tablespoon squeezed lemon juice
1 tbs parmesan cheese shredded
1 shallot, chopped
4 cups spinach leaves
250g cherry tomatoes
Salt & pepper

METHOD

1. Preheat oven to 180°C. In a large bowl, combine basil, garlic, white wine, lemon juice, and half the oil. Add the fish and coat well, then place onto a lined baking tray.
2. Season salmon lightly with salt and pepper, then sprinkle with parmesan cheese. Cover with baking paper and bake for 20 minutes.
3. In a non-stick frying pan, sauté shallots, tomatoes and spinach until all lightly softened.
4. To serve, place a piece of salmon on the plate and top with spinach and tomatoes.

Nutrition Guide

PER SERVE

Energy (cal)	396cal
Protein	25.2g
Fat	31.4g
Saturated Fat	8g
Carbohydrate	2.3g
Sugar	1.9g
Sodium	200mg

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: Yes
Total Meal Calories: 396 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: No
Recommendations: Increase parmesan cheese to 2 tbsp
Total meal calories: 426 cal

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