

1 SERVE =

½ UNIT PROTEIN

2 UNITS VEGETABLES

½ UNIT FATS

Grilled salmon with crunchy cabbage salad

SERVES 4 PREP TIME **25 minutes** COOKING TIME **4 minutes****olive oil, for brushing****200 g salmon fillet, skin removed
and pin-boned, cut into four long
thin pieces****CRUNCHY CABBAGE SALAD****½ Chinese cabbage****handful radicchio leaves, shredded****130 g snowpeas (mange-tout),
sliced lengthways****30 g snowpea (mange-tout) sprouts
large handful coriander leaves, plus
extra to garnish (optional)****2 teaspoons olive oil****1½ tablespoons lime juice****1 teaspoon finely grated ginger****This is a light and zesty salad, perfect for a summer lunch.**

- 1** To make the salad, remove and discard the core from the cabbage and shred the leaves, slicing across the cabbage. Place in a large bowl with the radicchio, snowpeas, sprouts and coriander and toss to combine. Add the oil, lime juice and ginger and toss gently for 30 seconds to ensure that all the leaves are well coated. Place in the fridge while preparing the fish.
- 2** Preheat the oven grill to high. Line a grill tray with foil and brush lightly with oil. Cook the salmon for 2 minutes on each side or until just cooked through. Take care not to overcook or the fish will become dry.
- 3** Carefully slice the salmon on the diagonal and serve on a bed of crunchy cabbage salad, garnished with extra coriander leaves, if you like.

TIPS

You could use other fish fillets, such as flathead or ling, instead of salmon. Or try an oily fish such as mackerel, which is a very good source of omega-3 polyunsaturated fatty acids. If grilling whole mackerel, cook on each side for 8-10 minutes or until cooked through.

This salad is also delicious with prawns tossed through. Replace the salmon with 200 g cooked, peeled prawns.

