

Baked Salmon with Spinach Salad

Calories: 0 kcal

Servings: 1

Time: 30 Mins

Ingredients

- 140.00 g Baby Spinach
- 200.00 g Cherry Tomatoes (chopped in halved)
- 70.00 g Mushrooms (sliced)
- 120.00 g Salmon (fillets x2)
- 2.00 g Salt and Pepper (to season)

Instructions

1. Heat oven to moderate heat (180 degrees celsius), pat dry salmon fillets, and season with pepper salt, place salmon fillets, skin side down in a baking dish sprayed with cooking spray.
2. Bake for 20 minutes or until fish flakes easily with fork.
3. While Salmon is baking combine salad ingredients
4. Blend dressing ingredients and spoon over salad
5. Plate up Salmon and serve with salad