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BAKED SALMON WITH WATERCRESS SAUCE

Serves 4

Per serving: 375 calories, 16.7g fat
(excluding accompaniments)

Protein: 27g

Carbohydrate: 29g

Fibre: 6.9g

Prep time: 15 mins

Cook time: 15 mins

INGREDIENTS

4 x 100g salmon steaks
320g carrots, grated
320g celery, grated
320g courgettes, grated
2 large red peppers, deseeded, finely sliced
1 garlic clove, crushed
1 tsp lemongrass paste
1 tsp ground coriander
1 small red chilli, sliced
6 basil leaves, finely chopped
2 tbsps runny honey
salt and freshly ground black pepper
160g mixed salad leaves to serve

For the sauce:

200g watercress
150ml vegetable stock
100g Philadelphia Light soft cheese

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6. Preheat a non-stick wok.
2. Mix together the vegetables and spices in a bowl, then add to the hot pan and cook for 2–3 minutes to soften. Divide the mixture between 4 pieces of parchment paper and place a salmon steak on top of each. Season with salt and black pepper, sprinkle with the basil and drizzle with the honey.
3. Bring the edges of the paper together and fold to create a parcel. Bake in the oven for 8–10 minutes until just cooked.
4. Meanwhile, make the sauce. Wilt the watercress in a saucepan with the vegetable stock. Pour into a liquidiser and add the Philadelphia. Blend until smooth, then return to the saucepan to reheat (do not boil).
5. Remove the parcels from the oven, transfer to serving plates, open them out and top with the sauce. Serve with a tossed mixed salad.

