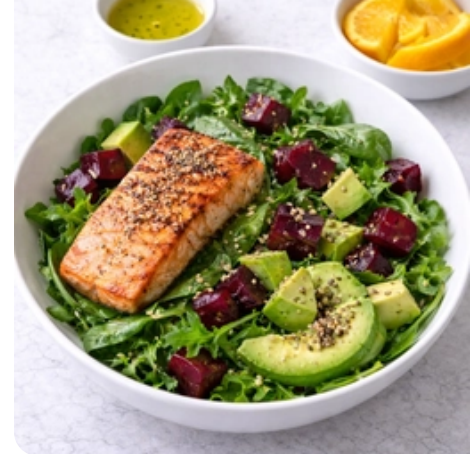




Salmon & Beetroot Power Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 palm-sized Salmon
- A generous handful Mixed Salad Greens
- A splash Balsamic Vinegar
- A squeeze Lemon Juice
- 1 hand-sized Beetroot, cooked & cubed
- ½ avocado, sliced

DIRECTIONS

1. Lightly season the salmon with salt and pepper, then grill or pan-cook over medium heat for 3–4 minutes per side, or until cooked through.
2. In a bowl, toss the greens with the balsamic vinegar and lemon juice until evenly coated.
3. Top with salmon, beetroot, avocado

AVERAGE NUTRITION INFO

Energy : 1860 kJ / 445 Cal Fat : 27 g Carbs : 22 g Protein : 29 g Fibre : 9 g Sugar : 9 g

@Coachjenbrockwell

Jenbrockwell.com