



Baked Salmon with Raita

Recipe makes:

1 Portion

Preparation time:

15 minutes

Cooking time:

20 minutes

Nutritional Information

1 Portion

Energy	445kcal
Carbohydrates of which sugars	7.3g 6.8g
Protein	41.2g
Fat	27.9g

Ingredients:

- 180g salmon fillet with skin
- 1 tbsp lemon juice
- 2 sprigs fresh dill, chopped
- Salt and ground black pepper to taste
- Water

Raita

- ¼ cucumber cut into small cubes
- 1 clove fresh garlic, minced
- ¼ tbsp lemon juice
- Sea salt and ground black pepper to taste
- 30g plain low-fat Greek yogurt
- 2 sprigs fresh dill, chopped

Method:

1. Pre-heat oven to 180°C/ fan 160°C/ gas mark 4.
2. In a small baking dish, put salmon fillet skin side down and coat with 1 tbsp fresh lemon juice.
3. Sprinkle dill over salmon and add salt and pepper to taste.
4. Add a small amount of water in the bottom of baking dish, until about half-way up the salmon.
5. Cover the dish with foil and bake for 20 minutes.
6. To make Raita, simply mix all the ingredients together, cover and chill until the salmon is cooked.

Chef's Tips:

- Use sour cream in place of Greek yogurt.
- Delicious when served with potatoes or quinoa and a green salad.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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