***Recipe 55*** Judo Jimmy’s Super Salmon

Ingredients

* 2 x 180g Salmon fillets
* 2 Medium sweet potatoes
* 250g Asparagus
* 15g Fresh ginger
* Soy sauce
* Pepper
* Olive oil

Method.

* Pre heat oven to 180-200°C
* Prick potatoes several times with a fork and wrap each potato in foil, drizzle in a little oil
* Place potatoes in oven and bake for approx. 40 minutes
* Wrap each salmon fillet in foil leaving parcel open and pour in a little olive oil.
* Pour soy sauce over salmon.
* Season with pepper
* Grate fresh ginger onto salmon and pour over a little more soy sauce
* Wrap up parcels and place into oven for approx. 20 – 25 minute
* Time the salmon so it comes out the same time as the potatoes
* 5 minutes before everything is due out of the oven steam the asparagus – ensuring it is al dente
* Place half salmon and 1 potato on plate alongside half the asparagus
* Serve

Makes 2 servings

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| Totals per serving | Protein | Carbs | Fat | Kcal |
|  | 45 | 38 | 25 | 580 |



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