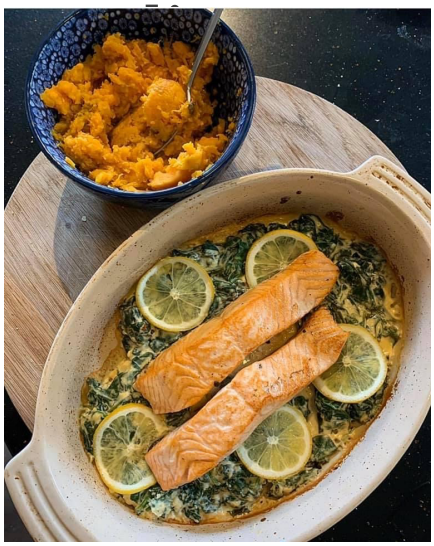
FFC

FIT FAST COOK

HOMEMADE IS HEALTHY

Quick and easy Salmon, in a creamy lemon and



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**518 kcal**

Stuff that's in it:

• 2 Salmon Fillets

• 100G Lighter Mascarpone

• 140G Baby Spinach Leaves

• 40Ml Skimmed Milk

• Rind Of 1 Lemon

• Jiuce Of Half The Lemon

• Lemon Discs (Sliced Thinly)

• 280G Sweet Potato (Mashed)

• 1 Tsp Olive Oil

• 2 Garlic Cloves (Sliced Thin)

What you do:

Pre heat your oven to 180˚c.

Heat the oil in a pan and Pan fry your salmon all over just to colour it for a few minutes. Remove the salmon and add garlic and gently fry for a minute, add the spinach , mascarpone , lemon juice and lemon rind and wilt until you get a thick sauce, add the milk gradually until you have a sauce. Transfer the sauce

into a baking dish, add the lemon discs and salmon and bake for around 5 minutes until cooked through.

Nutrition

- Carbs: 36g
- Fat: 25g
- Protein: 36g

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