

Salmon, rice and greens

A simple plate that ticks every box: quality protein, carbs to fuel training and a big portion of veg.

Ready in **20 min** | Serves **1**



PROTEIN

43g

CARBS

46g

FAT

23g

CALORIES

585kcal

• INGREDIENTS

150g	salmon fillet
150g	cooked basmati rice (about 50g dry)
150g	broccoli or green beans
1 tbsp	soy sauce
1/2	lemon
1 tsp	sesame seeds (optional)

• METHOD

- 1 Heat the oven to 200C. Put the salmon on a lined tray, squeeze over half the lemon and bake for 12 to 15 minutes.
- 2 While it cooks, boil or steam the greens for 4 to 5 minutes.
- 3 Heat the rice, plate everything up and drizzle the soy sauce over the salmon.
- 4 Finish with sesame seeds if you have them.

• SWAPS AND TIPS

- Microwave rice pouches save time and portion the carbs for you.
- Swap salmon for cod or prawns for a leaner plate with a little less protein.
- Air fryer works too: 180C for 10 to 12 minutes.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.