

CHAR-GRILLED SALMON on SWEET MASH

INGREDIENTS

- 4 salmon steaks (approx 150g each)
- 4 tbsp tandoori paste
- 1 small carton of plain low fat yoghurt - 200g
- Juice of 1 lemon
- Balsamic vinegar
- 2 cups of rocket leaves
- Mashed sweet potato to serve 4 (approx 400g)

METHOD

1. Combine paste, yoghurt and lemon juice. Add salmon and marinate for about an hour.
2. Remove excess marinade. Char-grill salmon for about three minutes on each side. It should be served medium rare.
3. Serving suggestion: Place mashed sweet potato in the centre of the plate. Lay salmon over the top. Serve salad greens on the side, drizzled with lemon juice and balsamic vinegar. Season with fresh black pepper as desired.

	Per Serving (369g)	Per 100g
Energy	1717	466
Protein	36	9.6
Fat – Total	19.9	5.4
- Saturated	4.2	1.1
Carbohydrate - Total	19.1	5.2
- Sugars	9.6	2.6
Sodium	876	237

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