
Asian Roasted Salmon with Homemade Sweet Potato Chips and Broccoli



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NUTRITION INFORMATION

HEALTH BENEFITS OF SALMON

- RICH IN OMEGA-3 FATTY ACIDS WHICH ARE VITAL FOR OVERALL HEALTH AND WELLNESS
- HIGH QUALITY SOURCE OF PROTEIN
- RICH IN B GROUP VITAMINS TO BOOST ENERGY
- HIGH IN POTASSIUM WHICH HELPS TO CONTROL BLOOD PRESSURE WHICH HELPS TO PREVENT STROKE.
- CONTAINS SELENIUM WHICH IS IMPORTANT FOR BONE HEALTH AND TO SUPPORT THYROID FUNCTION.
- ANTI-INFLAMMATORY, REDUCING SYMPTOMS OF ARTHRITIS AND IMPROVING JOINT MOBILITY.
- PROMOTES NEURO AND HEART HEALTH.
- HELPS TO REGULATE OR REDUCE WEIGHT.

HEALTH BENEFITS OF SESAME OIL

- ANTIOXIDANT
- ANTI-INFLAMMATORY
- HELPS CONTROL BLOOD GLUCOSE
- HELPS TO HEAL WOUNDS AND BURNS

HEALTH BENEFITS OF GINGER

- ANTI-INFLAMMATORY
- HELPS TO ASSIST WITH MUSCLE PAIN
- HELPS TO REGULATE BLOOD GLUCOSE

HEALTH BENEFITS OF SWEET POTATO

- RICH IN BETA-CAROTENE (WHICH PROVIDES THEIR ORANGE COLOUR) WHICH THE BODY THEN CONVERTS INTO VITAMIN A. VITAMIN A IS ESSENTIAL FOR OPTIMAL EYE HEALTH.

HEALTH BENEFITS OF COCONUT OIL

- QUALITY SOURCE OF HEALTHY FAT

HEALTH BENEFITS OF BROCCOLI

- RICH IN VITAMIN K, VITAMIN E, VITAMIN C, FOLATE, POTASSIUM AND DIETARY FIBRE
- PROMOTES OPTIMAL LIVER AND KIDNEY HEALTH

- 2 TEASPOON SESAME OIL
 - 2 TEASPOONS SOY SAUCE
 - 4CM GINGER - THINLY SLICED
 - 2 SALMON FILLETS (FROZEN)
 - 1 SWEET POTATO - CUT INTO 1CM THICK CHIPS
 - 2 TABLESPOON COCONUT OIL - MELTED
 - PINK HIMALAYAN SEA SALT & GROUND PEPPER TO TASTE
 - 1 BAG FROZEN BROCCOLI (DEFROSTED)
- PREHEAT OVEN TO 200. LINE TRAY WITH FOIL.
 - PLACE SWEET POTATO IN A POT OF BOILING WATER. COOK FOR 15 MINUTES.
 - DRAIN AND ALLOW TO COOL JUST UNTIL THE STEAM STOPS RISING.
 - TOSS IN COCONUT OIL AND PLACE ON A LINED BAKING TRAY.
 - PLACE FROZEN SALMON FILLETS ON A LARGE INDIVIDUAL SQUARES OF FOIL.
 - PUT 1 TEASPOON SESAME OIL, 1 TEASPOON SOY SAUCE AND HALF THE GINGER OVER THE PIECES TO BE EATEN FOR DINNER. LEAVE PLAIN THE PIECES TO BE USED FOR SALMON CAKES.
 - WRAP UP PIECES OF SALMON IN FOIL PARCELS.
 - TOSS DEFROSTED BROCCOLI IN COCONUT OIL. PLACE IN A BAKING DISH. SPREAD BROCCOLI WITH PLENTY OF SPACE BETWEEN EACH FLORET.
 - PLACE ALL IN THE OVEN FOR 30 MINUTES.
 - OPEN THE TOP OF THE FOIL PARCELS. BAKE FISH UNCOVERED FOR ANOTHER 10 MINUTES. LEAVE SWEET POTATO AND BROCCOLI IN THE OVEN WHILST DOING THIS.
 - REMOVE ALL FROM THE OVEN. LEAVE BROCCOLI IN FOR SLIGHTLY LONGER IF IT REQUIRES FURTHER CRISPING.