



Red Salmon Jackets with Indian Salsa



Serves
2



Prep
10 minutes



Cooking
1 hour



Ingredients

1 x 213g can Princes Red Salmon, drained
2 large baking potatoes, scrubbed
1 tomato, finely chopped
5cm piece of cucumber, finely chopped
½ small red onion, finely chopped
1 small green chilli, deseeded and finely chopped
2tbsp chopped fresh coriander
1tsp ground turmeric
Pinch of cumin seeds (optional)
Salt and pepper

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	100kcal	1.4g	1.6g	0.3g	0.3g

Method

1. Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6. Prick the potatoes, then bake them for approximately 1 hour, or until tender.
2. Tip the can of salmon into a bowl and flake into chunks, removing any skin and bones, if wished. (The softened bones are edible, and a good source of calcium).
3. Mix together the tomato, cucumber, red onion, chilli, coriander and turmeric. Add the cumin seeds, if using. Season with salt and pepper.
4. Split the baked potatoes and place on serving plates. Fill with the salad mixture and share the salmon between them. Serve.

