



Sweet Chilli Salmon with Sweet Potato



A quick and easy lunch or light meal for one at any time of year

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	505Kcal	10.1g	3g	1.2g	0.4g
RI%	6%	11%	4%	6%	7%

Method

1. Melt the coconut oil in a small bowl in the microwave for one minute
2. Wash the sweet potato and prick several times with a fork. Drizzle the coconut oil over the potato then wrap it loosely in kitchen paper
3. Place on a microwaveable plate and cook in the microwave on full power for 4 minutes then turn and heat for a further 4 minutes. Pierce with a knife to check whether it is tender all the way through. If not heat for a further minute or two
4. Meanwhile, wash the watercress and coriander and chop the green pepper
5. Remove the plate from the microwave and allow to stand for a minute until cool enough to handle. Cut the potato in half and arrange on the plate. Top with the Princes salmon filler then scatter over the green pepper, watercress and coriander. Finish with a squeeze of lime before serving

Ingredients

- 1 x 110g tin Princes Sweet Chilli Mayo Salmon Filler
- 1 medium sweet potato approx 250g
- ½ tsp coconut oil
- Small handful watercress, washed
- Few slices green pepper, very finely chopped
- Few sprigs fresh coriander
- Squeeze of lime