

Quick and easy Salmon, in a creamy lemon and



Serves	Prep Time	Cooking	Total Time	Calories
2 people				518 kcal

Stuff that's in it:

- 2 Salmon Fillets
- 100G Lighter Mascarpone
- 140G Baby Spinach Leaves
- 40Ml Skimmed Milk
- Rind Of 1 Lemon
- Juice Of Half The Lemon
- Lemon Discs (Sliced Thinly)
- 280G Sweet Potato (Mashed)
- 1 Tsp Olive Oil
- 2 Garlic Cloves (Sliced Thin)

What you do:

Pre heat your oven to 180°C.

Heat the oil in a pan and Pan fry your salmon all over just to colour it for a few minutes. Remove the salmon and add garlic and gently fry for a minute, add the spinach , mascarpone , lemon juice and lemon rind and wilt until you get a thick sauce, add the milk gradually until you have a sauce. Transfer the sauce

into a baking dish, add the lemon discs and salmon and bake for around 5 minutes until cooked through.

Nutrition

- Carbs: 36g
- Fat: 25g
- Protein: 36g

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